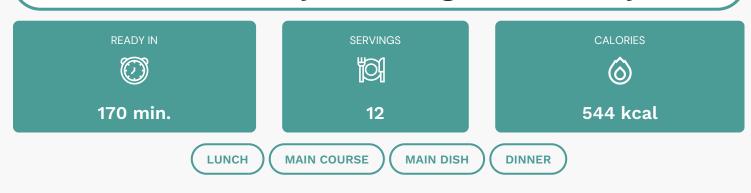


Roast Turkey with Sage Pan Gravy



Ingredients

1 bay leaves

0.5 teaspoon pepper black divided freshly ground
3 carrots coarsely chopped
3 celery stalks coarsely chopped
3 cups chicken stock see divided (such as Swanson)
3 tablespoons flour all-purpose
3 tablespoons sage fresh divided chopped
6 garlic clove peeled
1.3 teaspoons kosher salt divided

	1 optional: lemon halved	
	2 tablespoons olive oil extra virgin extra-virgin	
	2 medium onion coarsely chopped	
	12 pound turkey fresh thawed	
	2 tablespoons butter unsalted softened	
	2 cups water	
	3 tablespoons wine	
Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	oven	
	whisk	
	roasting pan	
	kitchen thermometer	
	ziploc bags	
	colander	
	cutting board	
	kitchen twine	
Directions		
	Preheat oven to 32	
	Remove giblets and neck from turkey; discard liver. Reserve turkey neck and giblets. Pat turkey dry with paper towels; trim and discard excess fat. Starting at neck cavity, loosen the skin from breast and drumsticks by inserting fingers, gently pushing between the skin and meat.	
	Combine 2 tablespoons sage, olive oil, butter, 1 teaspoon salt, and 1/4 teaspoon black pepper Rub sage mixture under the loosened skin and over breasts and drumsticks. Squeeze juice	

	from 1 half of lemon over turkey; place remaining lemon half in cavity. Tie legs together with kitchen string.	
	Place reserved giblets, neck, garlic, carrots, celery, onion, and bay leaf in the bottom of a large roasting pan.	
	Add 1 cup stock and 2 cups water to pan.	
	Place roasting rack in pan. Arrange turkey, breast side up, on roasting rack.	
	Bake turkey at 325 for 1 hour and 20 minutes, rotating pan every 30 minutes. Increase oven temperature to 425 (do not remove turkey from oven).	
	Bake turkey an additional 30 minutes or until a thermometer inserted into meaty part of thigh registers 16	
	Remove turkey from pan; place on a cutting board.	
	Let stand for 30 minutes. Carve turkey; discard skin.	
	Place a large zip-top plastic bag inside a 4-cup glass measure. Strain pan drippings through a colander into bag; discard solids.	
	Let drippings stand 10 minutes. Seal bag; snip off 1 bottom corner of bag.	
	Drain pan drippings into a medium saucepan, stopping before fat layer reaches the opening.	
	Add remaining 1 tablespoon sage, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, 1 1/2 cups chicken stock, and wine to drippings in pan; bring to a boil. Cook for 15 minutes or until reduced to 2 1/2 cups.	
	Combine flour and remaining 1/2 cup chicken stock in a small bowl, stirring with a whisk until smooth. Stir flour mixture into stock mixture in pan; bring to a boil. Boil 1 minute or until slightly thick, stirring gravy constantly.	
	Serve gravy with turkey.	
Nutrition Facts		
	PROTEIN 54.18%	

Properties

Glycemic Index:23.61, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:36.220000101172%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Popember in: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Popember in: 0.03mg, Epicatechin: 0.02mg, Epicatechin: 0.03mg, Popember in: 0.03mg, Epicatechin: 0.03mg, E

Nutrients (% of daily need)

Calories: 543.94kcal (27.2%), Fat: 23.3g (35.84%), Saturated Fat: 6.48g (40.52%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.28g (2.65%), Sugar: 2.94g (3.26%), Cholesterol: 238.69mg (79.56%), Sodium: 703.82mg (30.6%), Alcohol: 0.39g (100%), Alcohol %: 0.1% (100%), Protein: 72.04g (144.07%), Copper: 4.86mg (243.02%), Vitamin B3: 25.83mg (129.17%), Vitamin B6: 2.04mg (101.92%), Selenium: 70.94µg (101.35%), Vitamin B12: 3.93µg (65.55%), Phosphorus: 624.14mg (62.41%), Vitamin A: 2796.07IU (55.92%), Vitamin B2: 0.68mg (39.84%), Zinc: 5.96mg (39.75%), Vitamin B5: 2.72mg (27.18%), Potassium: 893.84mg (25.54%), Magnesium: 91.72mg (22.93%), Iron: 3.35mg (18.63%), Vitamin B1: 0.22mg (14.7%), Manganese: 0.29mg (14.57%), Vitamin C: 7.65mg (9.27%), Folate: 36.89µg (9.22%), Vitamin D: 1µg (6.67%), Calcium: 64.74mg (6.47%), Vitamin E: 0.82mg (5.48%), Fiber: 1.22g (4.88%), Vitamin K: 4.25µg (4.05%)