



Roast Turkey with Sage Pan Gravy

READY IN



170 min.

SERVINGS



12

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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% **FAT 39.43%** **CARBS 6.39%**

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: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg, Hesperetin: 2.53mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

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%)