



WHATSheATE



Roast Turkey with Simple Turkey Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons flour gluten-free red all-purpose such as Bob's Mill
- ☐ 0.3 cup sage leaves fresh packed chopped
- ☐ 2 garlic cloves minced
- ☐ 4 cups lower-sodium chicken broth fat-free divided
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon poultry seasoning

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup spicy brown mustard
- ☐ 12 pound turkey fresh thawed

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

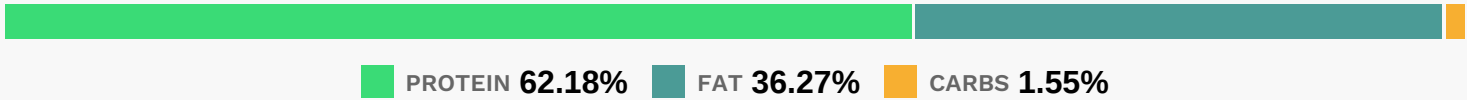
Directions

- ☐ Preheat oven to 450
- ☐ Remove and discard giblets and neck from turkey. Rinse turkey with cold running water, and pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine mustard, sage, black pepper, and garlic. Rub mustard mixture under loosened skin over flesh. Lift wing tips up and over back; tuck under turkey. Secure legs with kitchen twine.
- ☐ Place turkey, breast side up, in a shallow roasting pan.
- ☐ Pour 2 cups broth over turkey.
- ☐ Place turkey in oven; reduce oven temperature to 325
- ☐ Bake, uncovered, at 325 for 2 hours and 20 minutes or until a thermometer inserted in thickest part of thigh registers 165, basting turkey frequently with pan juices.
- ☐ Transfer turkey to a large serving platter, reserving 1/4 cup drippings. Loosely cover turkey with foil, and let stand 25 minutes.
- ☐ Combine reserved drippings, flour, and next 4 ingredients in a medium saucepan, stirring with a whisk until smooth. Gradually stir in remaining 2 cups broth. Bring to a boil over medium-

high heat, stirring constantly with a whisk. Reduce heat, and simmer 2 minutes or until gravy thickens, stirring occasionally.

- ☐ Remove from heat.
- ☐ Discard turkey skin; carve.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:26.345217432017%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 403.89kcal (20.19%), Fat: 15.92g (24.5%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.34g (0.37%), Cholesterol: 198.75mg (66.25%), Sodium: 574.4mg (24.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.42g (122.84%), Vitamin B3: 21.12mg (105.6%), Selenium: 61.9µg (88.43%), Vitamin B6: 1.67mg (83.31%), Vitamin B12: 3.37µg (56.13%), Phosphorus: 515.97mg (51.6%), Copper: 0.93mg (46.27%), Zinc: 4.99mg (33.23%), Vitamin B2: 0.52mg (30.45%), Vitamin B5: 2.27mg (22.7%), Potassium: 773.91mg (22.11%), Magnesium: 74.13mg (18.53%), Iron: 2.61mg (14.51%), Vitamin B1: 0.15mg (10.09%), Manganese: 0.12mg (5.88%), Vitamin D: 0.83µg (5.52%), Folate: 20.07µg (5.02%), Calcium: 40.07mg (4.01%), Vitamin A: 162.46IU (3.25%), Fiber: 0.55g (2.21%), Vitamin E: 0.28mg (1.88%)