



Roasted Butter Herb Turkey

 Gluten Free

READY IN



240 min.

SERVINGS



12

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter softened
- 32 ounce celery and carrot party sticks
- 1.5 teaspoons garlic crushed
- 2.3 ounce herbs poultry herb blend fresh (sage, thyme and rosemary)
- 2 tablespoons garlic herb sauce mix (recommended: Knorr)
- 1 optional: lemon sliced
- 32 ounce chicken broth low-sodium
- 2 large onions

- 1 tablespoon pepper
- 1.5 teaspoons poultry seasoning
- 1 tablespoon salt
- 12 pound turkey thawed

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Watch how to make this recipe.
- In a small bowl, combine softened butter, poultry seasoning, garlic herb sauce mix, and crushed garlic. Use a fork to mix together until well combined. Cover and put in the refrigerator for 15 to 30 minutes, until firm but not hard.
- Preheat the oven to 450 degrees F.
- Arrange celery, carrots, and half of the diced onions in the bottom of a roasting pan.
- Add chicken broth and set aside.
- Rinse the thawed turkey and pat dry. Use your finger to carefully loosen the skin around the entire bird. Take the butter mixture and cut into large pieces.
- Place the butter pieces under the skin of the entire turkey. Rub the remaining butter pieces on the outside of the skin and season with salt and pepper. Stuff the inside of turkey cavity with remaining onions, fresh herb poultry blend, and lemon slices. (Truss if necessary.) Insert the pop-up thermometer at an angle about 3-inches down from the neck cavity and 2-inches from the breast bone, in the thickest part of the breast.
- Place turkey on the bed of vegetables in roasting pan.
- Place in the oven and reduce temperature to 325 degrees F. Roast for 1 hour, then baste with pan juices every 20 minutes until thermometer pops up or until an instant-read thermometer inserted into the thigh registers 180 degrees F, about 3 hours.

Nutrition Facts

PROTEIN 47.6% FAT 45.21% CARBS 7.19%

Properties

Glycemic Index:16.79, Glycemic Load:1.11, Inflammation Score:-8, Nutrition Score:37.283043778461%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 612.21kcal (30.61%), Fat: 30.78g (47.35%), Saturated Fat: 12.38g (77.39%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 8g (2.91%), Sugar: 2.81g (3.12%), Cholesterol: 262.38mg (87.46%), Sodium: 1119.51mg (48.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.9g (145.81%), Vitamin B3: 26.11mg (130.55%), Vitamin B6: 2.12mg (105.92%), Selenium: 69.72µg (99.6%), Vitamin K: 74.07µg (70.55%), Vitamin B12: 4.03µg (67.15%), Phosphorus: 654.39mg (65.44%), Zinc: 6.18mg (41.17%), Vitamin B2: 0.69mg (40.66%), Manganese: 0.65mg (32.31%), Potassium: 1092.13mg (31.2%), Iron: 5.52mg (30.67%), Vitamin B5: 2.88mg (28.78%), Magnesium: 108.77mg (27.19%), Vitamin A: 1040.24IU (20.8%), Copper: 0.39mg (19.32%), Folate: 65.68µg (16.42%), Calcium: 152.18mg (15.22%), Vitamin B1: 0.2mg (13.58%), Fiber: 3g (12.02%), Vitamin C: 9.77mg (11.84%), Vitamin E: 1.07mg (7.15%), Vitamin D: 0.97µg (6.44%)