



Roasted Dijon and Apple-Glazed Turkey with Fruited Stuffing

 Dairy Free

READY IN



310 min.

SERVINGS



18

CALORIES



434 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup apple cider
- 0.5 cup brown sugar packed
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- 2.5 cups chicken broth organic (regular, natural goodness or certified)
- 0.5 cup chicken stock see
- 2 small apples i use 2 granny smith apples chopped
- 0.3 cup dijon mustard dijon-style coarse-grain

- 2 tablespoons cooking oil
- 1 medium onion chopped
- 12 ounce pepperidge farm sage and onion stuffing stuffing cubed
- 12 pound turkey
- 21 ounce campbell's turkey gravy canned

Equipment

Nutrition Facts

PROTEIN 44.99% **FAT 33.89%** **CARBS 21.12%**

Properties

Glycemic Index:7.32, Glycemic Load:1.33, Inflammation Score:-4, Nutrition Score:21.445217391304%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 433.82kcal (21.69%), Fat: 16.17g (24.87%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 22.67g (7.56%), Net Carbohydrates: 21.45g (7.8%), Sugar: 16.48g (18.31%), Cholesterol: 155.44mg (51.81%), Sodium: 655.5mg (28.5%), Protein: 48.29g (96.57%), Vitamin B3: 16.9mg (84.52%), Selenium: 56.79µg (81.12%), Vitamin B6: 1.32mg (66.08%), Vitamin B12: 2.63µg (43.8%), Phosphorus: 412.68mg (41.27%), Vitamin B2: 0.45mg (26.64%), Zinc: 3.95mg (26.35%), Vitamin B5: 1.81mg (18.1%), Potassium: 569.11mg (16.26%), Magnesium: 61.39mg (15.35%), Iron: 2.28mg (12.66%), Copper: 0.2mg (10.21%), Vitamin B1: 0.15mg (10.19%), Folate: 24.76µg (6.19%), Manganese: 0.12mg (5.92%), Vitamin E: 0.79mg (5.26%), Fiber: 1.22g (4.9%), Calcium: 46.94mg (4.69%), Vitamin D: 0.64µg (4.29%), Vitamin K: 4.15µg (3.95%), Vitamin A: 191.89IU (3.84%), Vitamin C: 1.36mg (1.65%)