



Roasted Dry-Rub Turkey With Gravy

READY IN



190 min.

SERVINGS



10

CALORIES



788 kcal

SEASONING

MARINADE

Ingredients

- ☐ 10 servings paprika-brown sugar rub
- ☐ 0.3 cup butter softened
- ☐ 3 tablespoons butter
- ☐ 1 leaves garnishes: collard apples whole green
- ☐ 5 tablespoons flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 2 granny smith apples quartered
- ☐ 32 oz chicken broth low-sodium

- ☐ 10 servings kitchen string
- ☐ 14 lb turkey fresh whole
- ☐ 10 servings wooden picks
- ☐ 10 servings wooden picks

Equipment

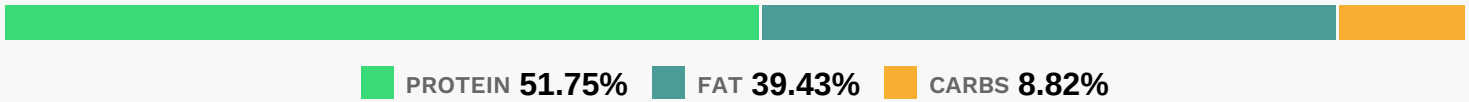
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 3 ingredients.
- ☐ Remove giblets and neck from turkey; pat turkey dry with paper towels. Loosen and lift skin from turkey breast with fingers without totally detaching skin; rub butter mixture underneath skin. Carefully replace skin; secure skin at both ends using wooden picks to prevent skin from shrinking.
- ☐ Sprinkle 2 Tbsp. Paprika-Brown Sugar Rub inside cavity.
- ☐ Place apples inside cavity. Tie ends of legs together with string; tuck wingtips under.
- ☐ Place turkey, breast side up, on a rack in a roasting pan. Rub 6 Tbsp. Paprika-Brown Sugar Rub over outside of turkey.
- ☐ Pour chicken broth into roasting pan.

- ☐ Bake turkey at 350, on lowest oven rack, 2 to 2 1/2 hours or until skin is well browned and a meat thermometer inserted into thickest portion of thigh registers 170, shielding with aluminum foil during last hour of cooking to prevent excessive browning, if necessary. (Do not baste.)
- ☐ Transfer turkey to a serving platter, reserving drippings in roasting pan.
- ☐ Let turkey stand 20 minutes before carving.
- ☐ Meanwhile, pour pan drippings through a fine wire-mesh strainer into a 4-cup glass measuring cup.
- ☐ Let stand 10 minutes. Skim fat from surface of drippings. (
- ☐ Add chicken broth, if needed, to equal 3 cups.)
- ☐ Melt 3 Tbsp. butter over medium heat in a medium saucepan.
- ☐ Whisk in flour, and cook, whisking constantly, 3 to 4 minutes or until golden.
- ☐ Whisk in 3 cups drippings, and bring to a boil over medium-high heat. Reduce heat to low, and simmer 5 minutes, whisking occasionally.
- ☐ Serve with turkey.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.6, Inflammation Score:-9, Nutrition Score:38.568695545197%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg, Epicatechin: 2.75mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 787.97kcal (39.4%), Fat: 34.22g (52.64%), Saturated Fat: 11.87g (74.21%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 14.64g (5.32%), Sugar: 9.88g (10.98%), Cholesterol: 345.86mg (115.29%), Sodium: 600.76mg (26.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 101.06g (202.11%), Vitamin B3: 36.33mg (181.67%), Vitamin B6: 2.82mg (140.97%), Selenium: 97.91µg (139.87%), Vitamin B12: 5.61µg (93.47%), Phosphorus: 885.92mg (88.59%), Vitamin B2: 0.95mg (56.13%), Zinc: 8.32mg (55.48%), Vitamin B5: 3.84mg (38.43%), Potassium: 1262.65mg (36.08%), Magnesium: 131.93mg (32.98%), Iron: 5.02mg (27.89%), Vitamin K: 25.17µg (23.97%), Copper: 0.46mg (22.75%), Vitamin B1: 0.3mg (19.99%), Vitamin A: 931.81IU (18.64%), Folate: 58.35µg (14.59%), Manganese: 0.24mg (12.04%), Vitamin C: 9.79mg (11.87%), Fiber: 2.58g (10.32%), Vitamin D: 1.35µg (9.02%), Calcium: 86.48mg (8.65%), Vitamin E: 0.93mg (6.19%)