



Roasted Thanksgiving Turkey

 Gluten Free

READY IN



1510 min.

SERVINGS



18

CALORIES



697 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups apple juice
- ☐ 5 bay leaves
- ☐ 4 tablespoons peppercorns black
- ☐ 2 cups brown sugar
- ☐ 1.5 sticks butter softened
- ☐ 2 tablespoons rosemary dried
- ☐ 3 tablespoons rosemary leaves fresh minced
- ☐ 5 cloves garlic crushed

- ☐ 1.5 cups kosher salt
- ☐ 3 tablespoons orange zest chopped
- ☐ 3 oranges white peeled roughly chopped
- ☐ 20 pound turkey fresh
- ☐ 2 gallons water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

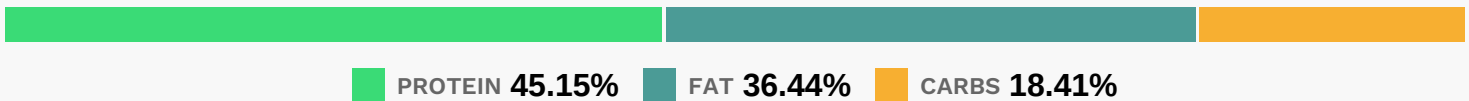
Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the water, apple juice, salt, sugar, garlic, bay leaves, peppercorns, dried rosemary, and orange peel in a large pot and bring to a boil. Turn off the heat immediately, cover, and allow mixture to come to room temperature. Cool mixture in the fridge until you're ready.
- ☐ To brine the turkey, remove the turkey from wrapper, remove interior bags (set aside; refrigerate), and rinse turkey thoroughly under cool water.
- ☐ Place the turkey into a plastic brining bag or a very large pot.
- ☐ Pour the cooled brine mixture over the top, adding extra cold water if you need more to completely cover the turkey. Seal the bag or cover the pot and allow the turkey to brine in the refrigerator for 16 to 24 hours before roasting.
- ☐ Before roasting, remove the turkey from brine and rinse thoroughly under cold water. Then soak in a sink full of fresh water for 15 to 20 minutes. Pat dry. Discard brine. (This soaking process will decrease the likelihood of too-salty gravy).
- ☐ Preheat the oven 275 degrees F.
- ☐ Truss the bird and place it breast side up on a rack in a large roasting pan. Cover the turkey tightly with heavy-duty foil. Make sure it's entirely covered (cover over the bottom edges of

the pan).

- ☐ Place in the oven and roast for about 10 minutes per pound (a 20 pound turkey will roast for about 3 1/2 hours).
- ☐ Remove the turkey from the oven and increase the temperature to 375 degrees F.
- ☐ Remove the aluminum foil and set aside.
- ☐ Mix the softened butter with the rosemary and orange zest and rub all over the skin of the turkey, covering every single inch of the skin. Insert a meat thermometer into the thigh, near the hip joint.
- ☐ Place the turkey, uncovered, back into the oven. Continue roasting the turkey, basting with butter every 30 minutes, until the thermometer registers 170 degrees F and until the juices are no longer pink.
- ☐ Remove from the oven and cover with foil until you are ready to carve and serve. Reserve pan juices to make gravy.

Nutrition Facts



Properties

Glycemic Index:14.74, Glycemic Load:2.51, Inflammation Score:-7, Nutrition Score:32.624782396399%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.43mg, Naringenin: 3.43mg, Naringenin: 3.43mg, Naringenin: 3.43mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 696.94kcal (34.85%), Fat: 28.02g (43.1%), Saturated Fat: 10.14g (63.35%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 30.44g (11.07%), Sugar: 28.65g (31.83%), Cholesterol: 277.89mg (92.63%), Sodium: 9922.23mg (431.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.1g (156.2%), Vitamin B3: 27.46mg (137.32%), Selenium: 77.02µg (110.02%), Vitamin B6: 2.2mg (109.79%), Vitamin B12: 4.38µg (73.03%), Phosphorus: 668.46mg (66.85%), Zinc: 6.52mg (43.48%), Vitamin B2: 0.69mg (40.35%), Vitamin B5: 3.06mg (30.56%), Potassium: 945.11mg (27%), Magnesium: 104.91mg (26.23%), Manganese: 0.42mg (20.79%), Iron: 3.73mg (20.69%), Copper:

0.41mg (20.5%), Vitamin C: 13.7mg (16.61%), Vitamin B1: 0.2mg (13.57%), Calcium: 108.4mg (10.84%), Vitamin A: 519.96IU (10.4%), Folate: 33.92µg (8.48%), Vitamin D: 1.07µg (7.16%), Fiber: 1.41g (5.66%), Vitamin K: 4.31µg (4.11%), Vitamin E: 0.61mg (4.06%)