



Roasted Tom Turkey

 Gluten Free

READY IN



320 min.

SERVINGS



20

CALORIES



655 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 apples seeds removed, roughly chopped
- ☐ 1 cup butter softened (2 sticks or)
- ☐ 2 carrots roughly chopped
- ☐ 1 bunch celery scrubbed roughly chopped well
- ☐ 2 onions peeled roughly chopped
- ☐ 2 oranges rinsed roughly chopped
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 3 tablespoons freshly sage leaves chopped

- ☐ 20 servings salt and pepper black freshly ground
- ☐ 3 tablespoons freshly tarragon leaves chopped
- ☐ 3 tablespoons freshly thyme leaves chopped
- ☐ 24 pound tom turkey fresh

Equipment

- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove the giblets from the turkey, wash the turkey well, and pat dry with paper towels.
- ☐ Use your fingertips to gently separate the turkey skin from the breast.
- ☐ Mix the chopped herbs with the softened butter and distribute evenly underneath the turkey skin. This will create a self basting turkey and keep it moist as it cooks slowly.
- ☐ Preheat oven to 450 or 500 degrees F.
- ☐ Place the chopped onion, celery, apples, oranges, and carrots inside the cavity of the turkey and then sprinkle the turkey all over with salt and pepper, to taste.
- ☐ Place the turkey on a rack (the reason we place the turkey onto a rack is so we don't get a mushy bottom on the turkey) in a roasting tray, cover with aluminum foil, and place in a preheated oven at 450 to 500 degrees F for the first 25 minutes then reduce the heat to 325 degrees F for a further 4 hours checking every 20 to 30 minutes throughout the day. About 1 hour from finishing remove the foil and allow to get golden brown.
- ☐ You should roast the turkey until an instant-read thermometer registers 180 degrees F (this is the temperature for a whole turkey) and the juices no longer run pink when you cut into the center of the thigh (it should be clear). The drumstick should move easily from the socket when lifted or twisted. When the turkey has finished cooking remove from oven and let it rest for at least 30 minutes – longer is better. It will not go cold!!!
- ☐ Note: I personally don't like to baste because every time you open the oven you lose at least 25 degrees F of heat, so this means that you keep the turkey in the oven longer therefore drying it out.

Nutrition Facts

PROTEIN 52.3% FAT 43.51% CARBS 4.19%

Properties

Glycemic Index:20.47, Glycemic Load:2, Inflammation Score:-9, Nutrition Score:38.240000247955%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 655.02kcal (32.75%), Fat: 31.22g (48.04%), Saturated Fat: 11.55g (72.17%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.14g (4.6%), Cholesterol: 302.65mg (100.88%), Sodium: 513.39mg (22.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.45g (168.9%), Copper: 3.06mg (152.97%), Vitamin B3: 29.75mg (148.75%), Vitamin B6: 2.38mg (119.17%), Selenium: 82.62µg (118.02%), Vitamin B12: 4.73µg (78.9%), Phosphorus: 724.83mg (72.48%), Zinc: 7.03mg (46.84%), Vitamin B2: 0.76mg (44.55%), Vitamin A: 1712.7IU (34.25%), Vitamin B5: 3.23mg (32.34%), Potassium: 998.96mg (28.54%), Magnesium: 108.44mg (27.11%), Iron: 4.08mg (22.65%), Vitamin C: 12.05mg (14.6%), Vitamin B1: 0.22mg (14.43%), Manganese: 0.29mg (14.3%), Vitamin K: 12.63µg (12.03%), Folate: 40.12µg (10.03%), Calcium: 80.29mg (8.03%), Vitamin D: 1.16µg (7.73%), Fiber: 1.48g (5.9%), Vitamin E: 0.72mg (4.81%)