



## Roasted Turkey

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon pepper black
- 1 tablespoon fennel seeds
- 1 tablespoon ground pepper red
- 0.3 cup kosher salt
- 10 servings rosemary leaves fresh
- 11 pound turkey

## Equipment

- frying pan

kitchen thermometer

## Directions

- Cook first 4 ingredients in a heavy skillet in a well-ventilated area, stirring constantly, until fennel seeds are toasted.
- Remove from heat; cool.
- Remove giblets and neck from turkey, and reserve for Bread Gravy (see recipe). Rinse turkey with cold water; pat dry.
- Rub seasoning mixture in cavity and over entire bird. Cover and chill 8 hours.
- Prepare charcoal fire in smoker with pan on second level (above normal level).
- Place empty water pan on top level (do not fill with water).
- Place food rack on same level over water pan; place turkey on rack. Cover with smoker lid.
- Cook 2 1/2 to 3 hours or until a meat thermometer inserted in thickest portion registers 18
- Let stand at room temperature 1 hour before carving.

## Nutrition Facts

**PROTEIN 62.21%** **FAT 36.83%** **CARBS 0.96%**

## Properties

Glycemic Index:6.4, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:29.792173862457%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 505.98kcal (25.3%), Fat: 20.23g (31.13%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 1.19g (0.4%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.27g (0.3%), Cholesterol: 255.06mg (85.02%), Sodium: 3227.16mg (140.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.91g (153.82%), Vitamin B3: 27.13mg (135.65%), Selenium: 75.54µg (107.91%), Vitamin B6: 2.14mg (107.11%), Vitamin B12: 4.32µg (72.03%), Phosphorus: 654.28mg (65.43%), Zinc: 6.36mg (42.43%), Vitamin B2: 0.66mg (39.1%), Vitamin B5: 2.89mg (28.89%), Potassium: 829mg (23.69%), Magnesium: 93.64mg (23.41%), Iron: 3.35mg (18.59%), Copper: 0.29mg (14.71%), Vitamin B1: 0.18mg (11.68%), Manganese: 0.19mg (9.26%), Vitamin A: 439.77IU (8.8%), Vitamin D: 1.06µg (7.09%), Folate: 26.52µg

(6.63%), Calcium: 54.46mg (5.45%), Vitamin E: 0.47mg (3.16%), Fiber: 0.67g (2.67%), Vitamin K: 1.38 $\mu$ g (1.32%)