



Roasted Turkey Rubbed with Roasted Jalapeno, Fresh Sage and Orange Butter

 **Gluten Free**  **Very Healthy**

READY IN



195 min.

SERVINGS



6

CALORIES



1523 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup sage leaves fresh
- 3 jalapeños peeled seeded
- 2 cups orange juice fresh
- 1 orange zest finely grated
- 6 servings salt and pepper black freshly ground
- 16 pounds turkey fresh
- 2 sticks butter unsalted at room temperature

Equipment

- food processor
- bowl
- sauce pan
- oven
- roasting pan

Directions

- Watch how to make this recipe.
- Put orange juice in a small nonreactive saucepan and bring to a boil over high heat. Cook until reduced about 1/4 cup.
- Let cool to room temperature.
- Put the butter, cool orange syrup, zest, jalapeno and sage in a food processor and process until smooth, season with salt and pepper.
- Scrape into a bowl. Can be made 1 day in advance and stored, covered in the refrigerator. Bring to room temperature before using.
- Preheat oven to 450 degrees F.
- Remove neck and gizzard from the turkey and discard. Rinse the bird thoroughly with cold water and pat dry. Rub the entire surface with 1/2 of the butter. Season the skin and the cavity liberally with salt and pepper. Truss the turkey and place on rack in a large roasting pan.
- Roast the turkey for 30 minutes, then turn the temperature down to 375 degrees and continue roasting for 1 1/2 hours or until the internal temperature reaches 165 degrees F, brushing with the remaining butter every 15 minutes.
- Remove the turkey from the oven and let rest for 20 minutes before carving.

Nutrition Facts

 **PROTEIN 49.85%**  **FAT 47.55%**  **CARBS 2.6%**

Properties

Glycemic Index:19.33, Glycemic Load:4.48, Inflammation Score:-9, Nutrition Score:54.00434756279%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 1523.19kcal (76.16%), Fat: 79.21g (121.87%), Saturated Fat: 31.94g (199.62%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 9.09g (3.31%), Sugar: 7.77g (8.63%), Cholesterol: 699.32mg (233.11%), Sodium: 967.14mg (42.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 186.87g (373.74%), Vitamin B3: 65.99mg (329.95%), Selenium: 183.44µg (262.05%), Vitamin B6: 5.21mg (260.58%), Vitamin B12: 10.54µg (175.69%), Phosphorus: 1597.3mg (159.73%), Copper: 2.35mg (117.5%), Zinc: 15.39mg (102.59%), Vitamin B2: 1.63mg (96.11%), Vitamin B5: 7.2mg (71.97%), Vitamin C: 52.36mg (63.46%), Potassium: 2123.32mg (60.67%), Magnesium: 227.13mg (56.78%), Iron: 7.66mg (42.57%), Vitamin A: 1671.96IU (33.44%), Vitamin B1: 0.5mg (33.03%), Folate: 88.55µg (22.14%), Vitamin D: 3.14µg (20.94%), Vitamin E: 1.94mg (12.91%), Calcium: 120.65mg (12.07%), Manganese: 0.19mg (9.48%), Vitamin K: 4.18µg (3.98%), Fiber: 0.64g (2.55%)