



Roasted Turkey with Bacon-Cider Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups apple cider
- ☐ 0.5 pound meaty bacon sliced
- ☐ 1 teaspoon cider vinegar
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 8 garlic cloves
- ☐ 2 granny smith apples--peeled cored quartered
- ☐ 2 medium onions quartered
- ☐ 2 small oregano sprigs

- ☐ 2 large rosemary sprigs
- ☐ 2 large sage sprigs
- ☐ 10 servings salt and pepper freshly ground
- ☐ 10 servings herb sprigs fresh for garnish
- ☐ 2 large thyme sprigs
- ☐ 11 pound turkey
- ☐ 2 cups turkey stock

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

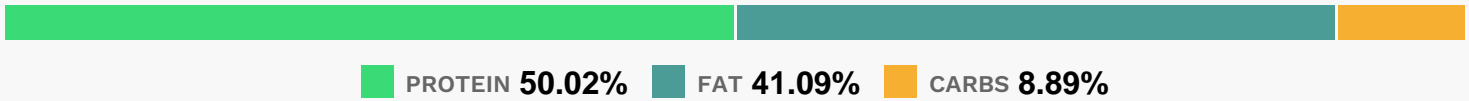
Directions

- ☐ Preheat the oven to 42
- ☐ Cut along both sides of the wishbone and remove it. Tuck 1 wedge of onion and 1 wedge of apple in the neck cavity along with 1 sprig each of sage, thyme, rosemary and oregano. Fold the skin under the turkey. Season the main cavity with salt and pepper and stuff it with 3 onion and 3 apple wedges, 2 garlic cloves and the remaining herb sprigs. Tie the legs together.
- ☐ Set the turkey in a large roasting pan and season with pepper. Arrange the bacon strips over the breast and legs and roast for 1 hour.
- ☐ Remove the bacon and spoon off some of the fat from the roasting pan.
- ☐ Add the remaining onion and apple wedges and garlic cloves to the pan and turn to coat with fat. Roast the turkey for 45 minutes longer or until an instant-read thermometer inserted in

the thickest part of the thigh registers 160; baste occasionally.

- ☐ Transfer the turkey to a platter, cover loosely with foil and let rest for at least 30 minutes.
- ☐ Transfer the onion, apple and garlic in the roasting pan to a food processor and puree. Set the pan over 2 burners on moderately high heat; when the juices begin to sizzle, stir in 1 cup of the apple cider and cook, scraping up the browned bits, until reduced by half, about 5 minutes. Strain the pan juices into a medium saucepan.
- ☐ Add the turkey stock and boil until reduced to 2 cups. Skim off the fat.
- ☐ In a bowl, stir the flour into the remaining 1/4 cup of cider, then whisk the paste into the gravy. Bring to a boil; simmer until slightly thickened, about 5 minutes. Stir in the apple and onion puree and the vinegar and season with salt and pepper.
- ☐ Garnish the turkey with herb sprigs and serve with the gravy.

Nutrition Facts



Properties

Glycemic Index:40.97, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:32.020434721656%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg, Epicatechin: 4.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 662kcal (33.1%), Fat: 29.73g (45.73%), Saturated Fat: 8.38g (52.4%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12.83g (4.66%), Sugar: 8.55g (9.5%), Cholesterol: 271.45mg (90.48%), Sodium: 811.41mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.44g (162.87%), Vitamin B3: 28.89mg (144.44%), Selenium: 81.93µg (117.04%), Vitamin B6: 2.29mg (114.73%), Vitamin B12: 4.44µg (73.92%), Phosphorus: 712.68mg (71.27%), Zinc: 6.76mg (45.08%), Vitamin B2: 0.75mg (44.08%), Vitamin B5: 3.09mg (30.89%), Potassium: 1010.27mg

(28.86%), Magnesium: 102.07mg (25.52%), Iron: 3.75mg (20.83%), Vitamin B1: 0.29mg (19.09%), Copper: 0.37mg (18.57%), Manganese: 0.19mg (9.46%), Folate: 35.64µg (8.91%), Vitamin C: 6.35mg (7.7%), Vitamin D: 1.15µg (7.69%), Fiber: 1.65g (6.6%), Calcium: 64.16mg (6.42%), Vitamin A: 289.84IU (5.8%), Vitamin E: 0.54mg (3.62%), Vitamin K: 2.27µg (2.16%)