



Roasted Turkey with Béarnaise Butter

READY IN



490 min.

SERVINGS



8

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings butter divided
- ☐ 2.5 cups chicken broth divided
- ☐ 2 cups wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 1 sprigs onion fresh
- ☐ 8 servings green beans
- ☐ 12 lb turkey fresh whole

Equipment

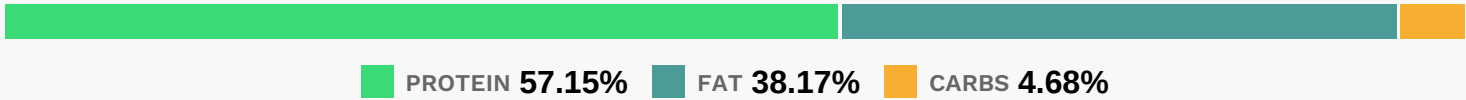
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325
- ☐ Remove giblets and neck from turkey, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry. Loosen and lift skin from turkey breast without totally detaching skin. Rub 1/4 cup Barnaise Butter under skin; replace skin.
- ☐ Sprinkle cavity and outside of turkey with desired amount of salt and freshly ground pepper.
- ☐ Place turkey, breast side up, on a lightly greased roasting rack in a large roasting pan. Tie ends of legs together with string; tuck wingtips under. Rub entire turkey with 1/4 cup Barnaise Butter.
- ☐ Pour wine and 2 cups chicken broth into roasting pan.
- ☐ Bake at 325 for 3 hours and 15 minutes to 4 hours or until a meat thermometer inserted into thickest portion of thigh registers 165, basting every 30 minutes with pan juices. Shield with aluminum foil after 1 1/2 hours to prevent excessive browning, if necessary.
- ☐ Remove from oven, and let stand 30 minutes.
- ☐ Transfer turkey to a serving platter, reserving 2 1/2 cups pan drippings.
- ☐ Pour reserved drippings through a fine wire-mesh strainer into a bowl, discarding solids.
- ☐ Melt remaining Barnaise Butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes or until smooth. Gradually add reserved drippings to saucepan, and bring to a boil, whisking constantly. Reduce heat, and simmer, stirring occasionally, 5 minutes or until thickened.
- ☐ Add up to 1/2 cup remaining chicken broth for desired consistency.

- ☐ Add salt and pepper to taste.
- ☐ Serve turkey with gravy.
- ☐ *Frozen whole turkey, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:3.47, Inflammation Score:-8, Nutrition Score:39.199130866839%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 801.91kcal (40.1%), Fat: 31.61g (48.64%), Saturated Fat: 9.67g (60.44%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.99g (3.33%), Cholesterol: 360.03mg (120.01%), Sodium: 852.03mg (37.04%), Alcohol: 6.18g (100%), Alcohol %: 1.15% (100%), Protein: 106.5g (213.01%), Vitamin B3: 37.73mg (188.63%), Vitamin B6: 3mg (150.16%), Selenium: 104.95µg (149.93%), Vitamin B12: 5.92µg (98.61%), Phosphorus: 924.12mg (92.41%), Vitamin B2: 1.02mg (60.25%), Zinc: 8.89mg (59.24%), Vitamin B5: 4.1mg (40.98%), Potassium: 1259.52mg (35.99%), Magnesium: 142.23mg (35.56%), Iron: 5.12mg (28.43%), Vitamin K: 24.25µg (23.1%), Vitamin B1: 0.33mg (21.76%), Copper: 0.43mg (21.45%), Vitamin A: 776.44IU (15.53%), Manganese: 0.31mg (15.38%), Folate: 59.89µg (14.97%), Vitamin D: 1.45µg (9.66%), Calcium: 83.64mg (8.36%), Vitamin C: 6.72mg (8.14%), Fiber: 1.59g (6.37%), Vitamin E: 0.81mg (5.39%)