



Roasted Turkey with Carrots and Shallots

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby carrots
- ☐ 5 pounds turkey breast on the bone
- ☐ 4 cups chicken stock see
- ☐ 0.3 cup flour all-purpose
- ☐ 1 bunch sage leaves fresh
- ☐ 0.5 juice of lemon juiced
- ☐ 8 servings olive oil extra-virgin
- ☐ 8 servings salt and pepper black freshly ground

- ☐ 8 shallots cut in half

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut along 1 side of the breastbone, and then down along the ribs; gently pull and cut the meat away from the bone to cut the breast off the carcass. Do the same to remove the other breast.
- ☐ Season the turkey breasts on both sides with a generous amount of salt and pepper. Put a large roasting pan on the stove over medium heat and get it good and hot.
- ☐ Drizzle the pan with a 3-count of oil.
- ☐ Add a few sage leaves and stir to flavor the oil.
- ☐ Lay the breasts in the hot oil, skin-side down and cook for about 5 minutes until the skin begins to set and crisp. Flip the breasts over and push them off to 1 side.
- ☐ Add the shallots, carrots, and handful of sage leaves to the pan and stir to coat with the oil.
- ☐ Sprinkle the vegetables with salt and pepper. Stick the pan in the hot oven and roast for about 30 minutes until the internal temperature of the turkey reaches 160 degrees F on an instant read thermometer, and the shallots and carrots are tender and browned.
- ☐ Put the roasting pan over 2 burners, over medium heat. Stir in the flour with a wooden spoon. Then gradually stir in the stock, scraping the bottom of the pan to pick up all of the browned bits. Give the gravy a squeeze of lemon and season, to taste, with salt and pepper. Slice the turkey and serve with the gravy.

Nutrition Facts



 PROTEIN **51.27%**  FAT **35.82%**  CARBS **12.91%**

Properties

Glycemic Index:17.13, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:37.229130604993%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 507.86kcal (25.39%), Fat: 20.35g (31.32%), Saturated Fat: 3.2g (19.99%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 13.83g (5.03%), Sugar: 6.76g (7.51%), Cholesterol: 156.69mg (52.23%), Sodium: 803.28mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.55g (131.1%), Copper: 4.14mg (207.1%), Vitamin A: 7880.76IU (157.62%), Vitamin B3: 30.63mg (153.14%), Vitamin B6: 2.42mg (120.95%), Selenium: 69.13µg (98.76%), Phosphorus: 737.32mg (73.73%), Vitamin B2: 0.56mg (32.93%), Potassium: 1042.92mg (29.8%), Vitamin B12: 1.79µg (29.77%), Zinc: 4.1mg (27.35%), Vitamin B5: 2.52mg (25.18%), Magnesium: 89.89mg (22.47%), Manganese: 0.34mg (17.21%), Iron: 3mg (16.67%), Vitamin E: 2.24mg (14.92%), Folate: 57.19µg (14.3%), Vitamin K: 14.37µg (13.69%), Vitamin B1: 0.2mg (13.5%), Fiber: 2.67g (10.69%), Calcium: 80.28mg (8.03%), Vitamin C: 4.44mg (5.38%), Vitamin D: 0.28µg (1.89%)