

food
network

 **63%**
HEALTH SCORE

Roasted Turkey with Garlic, Rosemary and Roasted Lemon with Cremini Mushroom Gravy

 Very Healthy

READY IN



285 min.

SERVINGS



8

CALORIES



1310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large carrots coarsely chopped
- 2 large stalks celery coarsely chopped
- 3 cups chicken stock see homemade
- 6 cups chicken stock see homemade
- 1.5 pounds cremini mushrooms thinly sliced
- 0.5 cup cooking wine dry red
- 0.5 cup cooking wine dry white

- 0.3 cup reserved fat from the roasting liquid (from turkey, see recipe)
- 3 tablespoons flour all-purpose
- 0.3 cup flat-leaf parsley fresh chopped
- 3 tablespoons rosemary fresh finely chopped
- 8 servings kosher salt and pepper black freshly ground
- 4 lemons whole halved
- 8 servings reserved roasting liquid
- 4 sprigs rosemary fresh whole
- 6 shallots peeled halved
- 16 pounds turkey fresh dry rinsed well
- 8 tablespoons butter unsalted softened (1 stick)
- 6 heads garlic whole halved

Equipment

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

Directions

- For the turkey: Preheat the oven to 425 degrees F.
- Remove the turkey from the refrigerator 30 minutes before roasting.
- Rub the cut side of 2 halves of garlic over the entire turkey, and then put in the cavity.

- Brush the entire turkey with 4 tablespoons of the butter and sprinkle with the rosemary, salt and pepper (including in the cavity). Put 2 lemon halves into the cavity.
- Put the shallots, carrots, celery and remaining garlic and lemon halves in the bottom of a roasting pan.
- Place a roasting rack in the pan and place the turkey on the rack.
- Add 2 cups of the stock to the bottom of the pan and place in the oven.
- Put the remaining 4 tablespoons butter and 4 cups stock in a medium saucepan and bring to a simmer over low heat. Keep covered and warm.
- Roast the turkey for 30 minutes. Reduce the heat to 375 degrees F and continue roasting, basting with the warm stock every 20 minutes, until an instant-read thermometer inserted into the breast registers 155 degrees F and into the thigh registers 160 degrees F, about 2 1/2 hours.
- Remove the turkey to a cutting board, loosely tent with foil and let rest at least 20 minutes before carving.
- Strain the juices into a bowl through a strainer.
- Let the fat rise to the top of the stock and remove 1/4 cup of the fat. Reserve the fat to make the gravy. Reserve the strained juices for the gravy.
- Heat the reserved fat in the roasting pan (used to roast the turkey) over high heat over 2 burners.
- Add the mushrooms and cook until golden brown and the liquid has evaporated, about 8 minutes. Stir in the flour and cook until pale golden brown.
- Whisk in the red and white wine and cook until evaporated.
- Add the reserved roasting liquid and chicken stock and bring to a boil.
- Add the rosemary sprigs and cook until the gravy thickens, stirring constantly, about 5 minutes. Stir in the parsley and season with salt and pepper.
- Carve the turkey and serve with the cremini mushroom gravy.

Nutrition Facts

 PROTEIN **47.19%**  FAT **40.54%**  CARBS **12.27%**

Properties

Glycemic Index:46.33, Glycemic Load:8.88, Inflammation Score:-10, Nutrition Score:56.881304118944%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg, Hesperetin: 15.13mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 1309.73kcal (65.49%), Fat: 57.85g (89%), Saturated Fat: 20.08g (125.47%), Carbohydrates: 39.39g (13.13%), Net Carbohydrates: 35.38g (12.86%), Sugar: 16.06g (17.85%), Cholesterol: 508.04mg (169.35%), Sodium: 1143.82mg (49.73%), Alcohol: 3.12g (100%), Alcohol %: 0.33% (100%), Protein: 151.49g (302.99%), Vitamin B3: 57.33mg (286.63%), Selenium: 169.91µg (242.73%), Vitamin B6: 4.53mg (226.62%), Phosphorus: 1425.53mg (142.55%), Vitamin B12: 7.97µg (132.78%), Vitamin B2: 1.92mg (112.85%), Zinc: 13.29mg (88.58%), Vitamin A: 3967.05IU (79.34%), Potassium: 2449.98mg (70%), Vitamin B5: 6.91mg (69.1%), Copper: 1.19mg (59.69%), Magnesium: 200.62mg (50.16%), Vitamin C: 41.29mg (50.05%), Iron: 7.81mg (43.38%), Vitamin B1: 0.6mg (39.92%), Vitamin K: 38.32µg (36.49%), Manganese: 0.72mg (36.12%), Folate: 109.41µg (27.35%), Calcium: 174.31mg (17.43%), Fiber: 4.02g (16.07%), Vitamin D: 2.39µg (15.92%), Vitamin E: 1.3mg (8.67%)