



HEALTH SCORE

54%

Roasted Turkey with Sage



Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 carrots unpeeled cut in half crosswise
- ☐ 8 servings kosher salt
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 6 onions unpeeled quartered
- ☐ 1 bunch sage
- ☐ 12 pound turkey
- ☐ 4 tablespoons butter unsalted melted ()

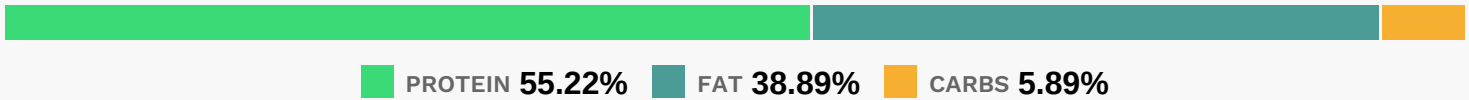
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Prepare and Roast the Turkey
- ☐ Heat oven to 400 F. Stuff the turkey cavity with the sage and 4 onion quarters. Scatter the carrots and the remaining onions in a large roasting pan.
- ☐ Place the turkey on top of the onions and carrots. Tie the legs together with kitchen twine and tuck the wings underneath the body.
- ☐ Brush the turkey with the butter and season with 1 teaspoon salt. Roast the turkey for 45 minutes.
- ☐ Add the broth to the roasting pan. Continue to roast the turkey, covering it loosely with foil if it browns too quickly, until a thermometer inserted into a thigh registers 165 F, 2 to 2 1/4 hours.
- ☐ Remove the Turkey from the Oven
- ☐ Carefully tilt the turkey to empty the juices from the cavity into the pan.
- ☐ Transfer the turkey to a cutting board, tent loosely with foil, and let rest for at least 20 minutes before carving. Discard the onions and carrots. Reserve the pan drippings for Hard Cider Gravy.

Nutrition Facts



Properties

Glycemic Index:9.23, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:45.479565475298%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg, Quercetin: 16.81mg

Nutrients (% of daily need)

Calories: 785.76kcal (39.29%), Fat: 33.41g (51.4%), Saturated Fat: 10.81g (67.58%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 9.03g (3.28%), Sugar: 5.3g (5.88%), Cholesterol: 362.86mg (120.95%), Sodium: 773.29mg (33.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 106.73g (213.45%), Copper: 4.29mg (214.27%), Vitamin B3: 37.87mg (189.34%), Vitamin B6: 3.04mg (151.97%), Selenium: 103.41µg (147.73%), Vitamin A: 5542.43IU (110.85%), Vitamin B12: 5.95µg (99.16%), Phosphorus: 934.05mg (93.41%), Zinc: 8.89mg (59.25%), Vitamin B2: 0.95mg (55.93%), Vitamin B5: 4.11mg (41.1%), Potassium: 1345.32mg (38.44%), Magnesium: 135.42mg (33.86%), Iron: 4.66mg (25.87%), Vitamin B1: 0.29mg (19.6%), Manganese: 0.34mg (16.75%), Folate: 55.5µg (13.87%), Vitamin D: 1.55µg (10.36%), Vitamin C: 7.9mg (9.58%), Calcium: 94.06mg (9.41%), Fiber: 2.35g (9.39%), Vitamin E: 0.81mg (5.43%), Vitamin K: 4.85µg (4.62%)