



Rosemary Citrus Miso-Rubbed Turkey

READY IN



45 min.

SERVINGS



20

CALORIES



446 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 stalks celery and leaves into 1-inch chopped
- ☐ 0.3 cup cornstarch
- ☐ 1 tablespoon flour
- ☐ 1 tablespoon rosemary leaves dried fresh (or 2 tablespoons rosemary)
- ☐ 1 clove garlic chopped
- ☐ 1 teaspoon ground pepper fresh black
- ☐ 2 lemons divided sliced into 1/4-inch slices and one quartered,
- ☐ 2 tablespoons oil
- ☐ 1 large onion divided separated peeled sliced

- ☐ 1 cranberry-orange relish quartered
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 bell pepper red sliced into 1/4-inch rings
- ☐ 0.5 cup miso white red (or fermented soybean paste)
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 15 lb turkey with pop-up timer, any feathers or quills removed with tweezers or needle-nosed pliers, and neck and giblets reserved for another use if desired
- ☐ 4 cups turkey stock
- ☐ 0.5 cup butter unsalted
- ☐ 1 cup water

Equipment

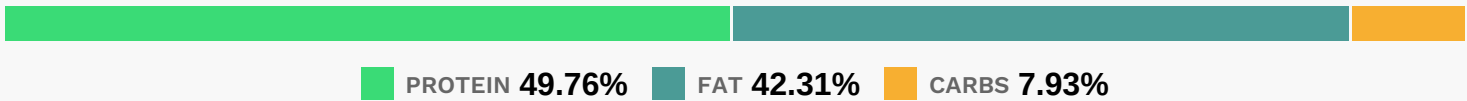
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen timer
- ☐ kitchen twine

Directions

- ☐ Pulse about 1/4 of onion rings, plus rosemary and garlic in a food processor until finely chopped.
- ☐ Add black pepper, poultry seasoning, and miso paste and purée until smooth.
- ☐ Add butter and purée — mixture will appear curdled.
- ☐ Put oven rack in lowest position and preheat to 350°F. Rinse turkey inside and out, then pat dry. Working from large cavity end, gently run fingers between skin and meat of breast to loosen skin, being careful not to tear skin. Push miso butter under skin, including thighs and drumsticks, and massage from outside to spread evenly.

- ☐ Place a lemon slice inside of a pepper ring and slide under skin, positioning evenly over breast and drumsticks. Repeat with remaining pepper and lemon slices until a pleasing pattern results.
- ☐ Sprinkle cavity with seasoned salt. Stuff cavity with lemon and orange quarters, squeezing juice into cavity as you go, and fold neck skin and flap into the cavity. Tie drumsticks together with kitchen string and tuck wings under body.
- ☐ Rub turkey with 2 tablespoons of oil. Shake 1 tablespoon flour in oven roasting bag, layer bottom of bag with onion and celery slices, and place bag into roasting pan.
- ☐ Place turkey on top of onions and celery in bag and close bag with tie included in the box.
- ☐ Cut six 1/2-inch slits in top of bag, as directed. Roast according to package directions, about 2 1/2 to 3 hours, or until timer pops out.
- ☐ Remove from oven and let sit in the bag for 30 minutes.
- ☐ Remove turkey from bag.
- ☐ Strain pan juices into a 3-quart saucepan and skim off excess fat, if desired.
- ☐ Add 4 cups turkey stock to pan juices and bring to a boil. While stock is reaching boil, whisk together water and cornstarch. Slowly pour cornstarch mixture into boiling stock, whisking continuously. Cook for 5 to 6 minutes or until gravy is thickened and clear. Stir in any turkey juices accumulated on platter and season gravy with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:21.35, Glycemic Load:1.76, Inflammation Score:-6, Nutrition Score:24.879130342732%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 445.67kcal (22.28%), Fat: 20.7g (31.85%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 7.54g (2.74%), Sugar: 2.78g (3.09%), Cholesterol: 187.53mg (62.51%), Sodium: 655.17mg (28.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.79g (109.58%), Vitamin B3: 19.37mg (96.85%), Vitamin B6: 1.53mg (76.69%), Selenium: 53.37µg (76.25%), Vitamin B12: 2.96µg (49.37%), Phosphorus: 474.8mg (47.48%), Zinc: 4.6mg (30.67%), Vitamin B2: 0.52mg (30.58%), Vitamin C: 17.6mg (21.33%), Vitamin B5: 2.06mg (20.58%), Potassium: 661.23mg (18.89%), Magnesium: 69.61mg (17.4%), Iron: 2.57mg (14.26%), Copper: 0.26mg (12.95%), Vitamin B1: 0.16mg (10.69%), Vitamin A: 495.03IU (9.9%), Folate: 29.27µg (7.32%), Manganese: 0.14mg (6.87%), Vitamin D: 0.81µg (5.4%), Vitamin E: 0.74mg (4.9%), Fiber: 1.2g (4.79%), Vitamin K: 4.84µg (4.61%), Calcium: 44.38mg (4.44%)