



## Rosemary Roast Turkey

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



13

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup rosemary leaves fresh coarsely chopped
- 6 cloves garlic
- 1 optional: lemon cut in half
- 5 to 8 rosemary sprigs (4 to 6 in. long)
- 1 tablespoon salad oil
- 10 lb turkey
- 13 servings campbell's turkey gravy
- 13 servings roasted petite yukon gold potatoes

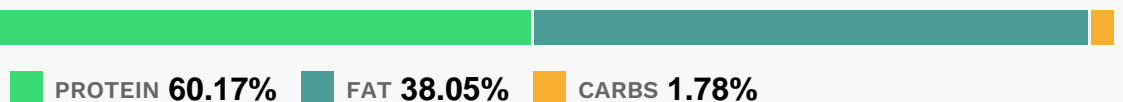
## Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Chop 3 garlic cloves.
- Mix chopped garlic with chopped rosemary.
- Remove and discard the leg truss from the turkey. Pull off and discard lumps of fat.
- Remove giblets and neck. Rinse the bird inside and out; pat dry with towels.
- Rub oil on skin. Squeeze juice from a lemon half into body cavity, then add the peel. Rub juice of remaining lemon half onto turkey skin.
- Slide your fingers under turkey skin to gently loosen it (but leave in place) on breast, around outside of thighs and legs, and over back (from the neck end).
- Push the rosemary-garlic mixture under skin, distributing evenly.
- Place remaining garlic cloves and the rosemary sprigs inside the bird.
- To roast, place turkey, breast up, on a V-shaped rack in a 12- by 17-inch roasting pan (or one that is at least 2 inches longer and wider than the bird). Roast in a 350 oven until a thermometer inserted through the thickest part of the breast to the bone reaches 160, 1 1/2 to 2 1/4 hours. Put on a platter and let stand up to 30 minutes; keep warm.
- Skim and discard fat from pan juices. Reserve pan with juices for gravy.

## Nutrition Facts



## Properties

Glycemic Index:16.1, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:22.334782766259%

## Flavonoids

Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 365.29kcal (18.26%), Fat: 15.13g (23.28%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 1.59g (0.53%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.39g (0.44%), Cholesterol: 178.37mg (59.46%), Sodium: 282.65mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.84g (107.69%), Vitamin B3: 18.94mg (94.69%), Selenium: 53µg (75.72%), Vitamin B6: 1.51mg (75.65%), Vitamin B12: 3.02µg (50.37%), Phosphorus: 457.74mg (45.77%), Zinc: 4.44mg (29.6%), Vitamin B2: 0.46mg (27.22%), Vitamin B5: 2.04mg (20.4%), Potassium: 579.98mg (16.57%), Magnesium: 63.73mg (15.93%), Iron: 2.26mg (12.54%), Copper: 0.2mg (10.04%), Vitamin B1: 0.13mg (8.41%), Vitamin C: 5.17mg (6.27%), Vitamin D: 0.74µg (4.95%), Folate: 19.14µg (4.79%), Calcium: 34.17mg (3.42%), Vitamin A: 157.09IU (3.14%), Manganese: 0.06mg (3.13%), Vitamin E: 0.43mg (2.83%), Fiber: 0.37g (1.49%)