



Rosemary Roasted Turkey

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

READY IN



285 min.

SERVINGS



54

CALORIES



107 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 3 tablespoons garlic minced
- 1 teaspoon pepper black
- 1 tablespoon seasoning italian
- 0.8 cup olive oil
- 54 servings salt to taste
- 12 pound turkey whole

Equipment

- bowl
- frying pan
- oven
- toothpicks
- roasting pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- In a small bowl, mix the olive oil, garlic, rosemary, basil, Italian seasoning, black pepper and salt. Set aside.
- Wash the turkey inside and out; pat dry.
- Remove any large fat deposits. Loosen the skin from the breast. This is done by slowly working your fingers between the breast and the skin. Work it loose to the end of the drumstick, being careful not to tear the skin.
- Using your hand, spread a generous amount of the rosemary mixture under the breast skin and down the thigh and leg. Rub the remainder of the rosemary mixture over the outside of the breast. Use toothpicks to seal skin over any exposed breast meat.
- Place the turkey on a rack in a roasting pan.
- Add about 1/4 inch of water to the bottom of the pan. Roast in the preheated oven 3 to 4 hours, or until the internal temperature of the bird reaches 180 degrees F (80 degrees C).

Nutrition Facts

 **PROTEIN 59.19%**  **FAT 39.86%**  **CARBS 0.95%**

Properties

Glycemic Index:2.54, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:6.4408695769051%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.32kcal (5.37%), Fat: 4.65g (7.15%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0.05g (0.06%), Cholesterol: 51.53mg (17.18%), Sodium: 274.08mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.53g (31.06%), Vitamin B3: 5.47mg (27.35%), Selenium: 15.31µg (21.88%), Vitamin B6: 0.44mg (21.78%), Vitamin B12: 0.87µg (14.55%), Phosphorus: 131.91mg (13.19%), Zinc: 1.28mg (8.56%), Vitamin B2: 0.13mg (7.86%), Vitamin B5: 0.59mg (5.85%), Potassium: 164.4mg (4.7%), Magnesium: 18.41mg (4.6%), Iron: 0.67mg (3.73%), Copper: 0.06mg (2.9%), Vitamin B1: 0.04mg (2.37%), Vitamin D: 0.21µg (1.43%), Manganese: 0.03mg (1.35%), Folate: 5.35µg (1.34%), Vitamin E: 0.17mg (1.13%), Vitamin K: 1.16µg (1.1%), Calcium: 10.75mg (1.07%)