



WHATSheATE



Rosemary Roasted Turkey



Gluten Free

READY IN



270 min.

SERVINGS



15

CALORIES



558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons rosemary dried crushed
- ☐ 11 garlic cloves pressed
- ☐ 0.7 cup juice of lemon fresh
- ☐ 2 tablespoons lemon rind grated (4 large lemons)
- ☐ 1 cup orange juice
- ☐ 1.5 tablespoons paprika
- ☐ 1 tablespoon pepper
- ☐ 0.8 ounce rosemary sprigs fresh divided

- ☐ 1 sprigs garnishes: rosemary orange fresh
- ☐ 0.3 cup salt
- ☐ 14 pound turkey bone-in
- ☐ 0.3 cup butter unsalted melted
- ☐ 2 large onions yellow cut into 1 1/2-inch chunks
- ☐ 750 milliliter white zinfandel wine dry white divided
- ☐ 2 squares cheesecloth (12-inch)

Equipment

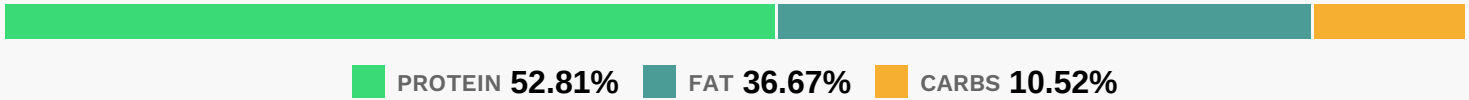
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ cheesecloth

Directions

- ☐ Remove giblets and neck from turkey, and discard. Rinse turkey with cold water; pat dry.
- ☐ Loosen skin from turkey breast without detaching it; carefully place 2 rosemary sprigs under skin. Set remaining rosemary sprigs aside.
- ☐ Combine salt and next 3 ingredients; sprinkle turkey inside and out with mixture.
- ☐ Sprinkle garlic and lemon rind in turkey cavity; stuff with onion and remaining rosemary sprigs.
- ☐ Place turkey, breast side up, in a large shallow roasting pan, tucking wingtips under.
- ☐ Pour lemon juice over turkey.
- ☐ Stir together butter and 1 cup wine in a large bowl; add cheesecloth squares, and let stand until liquid is absorbed.
- ☐ Place cheesecloth over turkey, covering entire bird.
- ☐ Bake at 325 for 30 minutes.

- ☐
- Add remaining 2 cups wine and orange juice to pan; bake 3 hours and 30 minutes more or until a meat thermometer inserted into thigh registers 180, basting every 30 minutes with pan juices. Moisten cheesecloth with pan juices to remove easily.
- ☐
- Let stand 20 minutes before carving.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:1.61, Inflammation Score:-8, Nutrition Score:29.223913109821%

Flavonoids

Petunidin: 3.31mg, Petunidin: 3.31mg, Petunidin: 3.31mg, Petunidin: 3.31mg Delphinidin: 1.95mg, Delphinidin: 1.95mg, Delphinidin: 1.95mg, Delphinidin: 1.95mg Malvidin: 47.3mg, Malvidin: 47.3mg, Malvidin: 47.3mg, Malvidin: 47.3mg Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 557.97kcal (27.9%), Fat: 20.34g (31.29%), Saturated Fat: 6.43g (40.21%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 11.94g (4.34%), Sugar: 6.71g (7.46%), Cholesterol: 224.55mg (74.85%), Sodium: 2230.33mg (96.97%), Alcohol: 7.63g (100%), Alcohol %: 2.35% (100%), Protein: 65.9g (131.81%), Vitamin B3: 23.25mg (116.27%), Vitamin B6: 1.89mg (94.52%), Selenium: 64.84µg (92.62%), Vitamin B12: 3.67µg (61.23%), Phosphorus: 572.36mg (57.24%), Zinc: 5.53mg (36.84%), Vitamin B2: 0.59mg (34.94%), Vitamin B5: 2.58mg (25.78%), Potassium: 837.43mg (23.93%), Magnesium: 88.71mg (22.18%), Vitamin C: 16.18mg (19.61%), Iron: 3.21mg (17.82%), Copper: 0.3mg (14.81%), Vitamin A: 694.49IU (13.89%), Vitamin B1: 0.19mg (12.65%), Manganese: 0.25mg (12.37%), Folate: 35.05µg (8.76%), Vitamin D: 0.96µg (6.39%), Calcium: 62.56mg (6.26%), Fiber: 1.2g (4.79%), Vitamin E: 0.6mg (3.98%), Vitamin K: 1.62µg (1.54%)