



Sage and Garlic Roast Turkey

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

READY IN



300 min.

SERVINGS



12

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 lb turkey frozen thawed
- 2 tablespoons butter melted
- 1.5 teaspoons parsley
- 1 teaspoon sage dried
- 0.5 teaspoon paprika
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon garlic powder
- 0.5 teaspoon pepper

- 1 cup water
- 1 serving sage fresh

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers

Directions

- Heat oven to 325°F. Fasten neck skin to back of turkey with skewer. Fold wings across back of turkey so tips are touching. In small bowl, mix remaining ingredients except water, fresh sage and apples.
- On rack in shallow roasting pan, place turkey, breast side up.
- Brush with butter mixture. Insert ovenproof meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- Add water to roasting pan.
- Cover turkey loosely with foil or roaster cover; roast 3 hours. Uncover; roast 45 minutes to 1 hour 30 minutes longer. Turkey is done when thermometer reads 165°F and drumsticks move easily when lifted or twisted.
- Place turkey on warm platter; cover with foil to keep warm.
- Let stand 15 minutes for easiest carving.
- Garnish with sage and apples.

Nutrition Facts

 **PROTEIN 60.58%**  **FAT 39.21%**  **CARBS 0.21%**

Properties

Glycemic Index:4.33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:28.421304162349%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

Nutrients (% of daily need)

Calories: 472.01kcal (23.6%), Fat: 20.07g (30.87%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.21g (0.23%), Cholesterol: 231.88mg (77.29%), Sodium: 480.79mg (20.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.76g (139.53%), Vitamin B3: 24.59mg (122.94%), Selenium: 68.64µg (98.05%), Vitamin B6: 1.93mg (96.67%), Vitamin B12: 3.93µg (65.52%), Phosphorus: 590.92mg (59.09%), Copper: 0.77mg (38.46%), Zinc: 5.75mg (38.31%), Vitamin B2: 0.6mg (35.21%), Vitamin B5: 2.62mg (26.18%), Potassium: 727.95mg (20.8%), Magnesium: 81.51mg (20.38%), Iron: 2.83mg (15.69%), Vitamin B1: 0.16mg (10.42%), Vitamin D: 0.97µg (6.44%), Vitamin A: 305.55IU (6.11%), Folate: 22.7µg (5.68%), Calcium: 38.69mg (3.87%), Manganese: 0.07mg (3.51%), Vitamin E: 0.39mg (2.6%)