



Salt-Roasted Turkey with Lemon and Oregano



Vegetarian



Gluten Free



Dairy Free

READY IN



1305 min.

SERVINGS



10

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 celery stalks chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 2 tablespoons garlic finely chopped
- ☐ 2 teaspoons pepper black
- ☐ 6 tablespoons juice of lemon fresh divided
- ☐ 3 optional: lemon coarsely chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin divided

- ☐ 1 onion chopped
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 14 pound turkey stock for ultimate turkey stock

Equipment

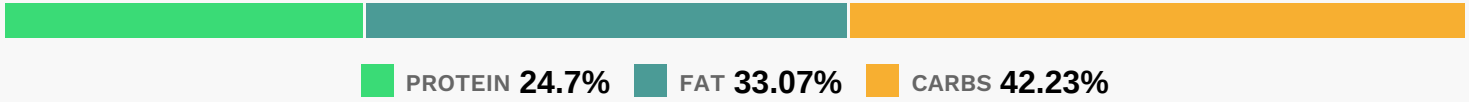
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Mix all ingredients in small bowl.
- ☐ Rinse turkey. Pull out metal insert that holds legs and remove fat pads from neck and main cavities.
- ☐ Sprinkle 4 tablespoons salt rub inside cavities. Slide bird into turkey-size oven bag.
- ☐ Sprinkle remaining salt rub over bird. Close bag; place on rimmed baking sheet and refrigerate turkey 18 to 24 hours.
- ☐ Set rack at lowest position in oven and preheat to 350°F.
- ☐ Place rack in large roasting pan. Rinse turkey; pat dry.
- ☐ Combine lemons, next 6 ingredients, 1/4 cup oil, and 3 tablespoons lemon juice in large bowl; spoon into main cavity.
- ☐ Whisk remaining oil and lemon juice in small bowl. Tuck wing tips under; tie legs loosely.
- ☐ Place turkey on rack; brush with some lemon oil.
- ☐ Pour 2 cups stock into roasting pan. Roast turkey 1 hour.
- ☐ Brush all over with remaining lemon oil. Roast turkey 45 minutes; pour 1 cup stock into pan. Roast 45 minutes; add 1/2 cup to 1 1/2 cups stock to pan to maintain liquid level. Turn pan around. Roast until thermometer inserted into thickest part of thigh registers 165°F, about

- 45 minutes longer.
- ☐ Transfer turkey to platter; reserve pan with juices. Tent turkey loosely with foil; let rest 30 to 45 minutes (internal temperature will rise 5 to 10 degrees).
- ☐ While turkey rests, prepare gravy.

Nutrition Facts



Properties

Glycemic Index:19.65, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:13.351304292679%

Flavonoids

Eriodictyol: 7.36mg, Eriodictyol: 7.36mg, Eriodictyol: 7.36mg, Eriodictyol: 7.36mg Hesperetin: 10.34mg, Hesperetin: 10.34mg, Hesperetin: 10.34mg, Hesperetin: 10.34mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 270.03kcal (13.5%), Fat: 9.98g (15.36%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 26.93g (9.79%), Sugar: 11.61g (12.9%), Cholesterol: 19.05mg (6.35%), Sodium: 1143.14mg (49.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.55%), Vitamin B3: 10.16mg (50.79%), Vitamin B2: 0.56mg (32.98%), Vitamin C: 23.93mg (29%), Vitamin B6: 0.46mg (23.2%), Potassium: 765.74mg (21.88%), Selenium: 14.46µg (20.66%), Copper: 0.38mg (18.99%), Phosphorus: 185.73mg (18.57%), Vitamin B1: 0.25mg (16.55%), Iron: 2.08mg (11.54%), Folate: 42.16µg (10.54%), Vitamin K: 9.75µg (9.28%), Magnesium: 34.15mg (8.54%), Manganese: 0.16mg (8.05%), Fiber: 1.75g (7%), Zinc: 0.99mg (6.61%), Calcium: 53.29mg (5.33%), Vitamin E: 0.76mg (5.04%), Vitamin A: 68.88IU (1.38%), Vitamin B5: 0.11mg (1.15%)