



## Simple Classic Roasted Turkey

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**370 min.**

SERVINGS



**12**

CALORIES



**379 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 servings salt and ground pepper black to taste
- 0.3 cup water or as needed
- 10 pound turkey whole

### Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 275 degrees F (135 degrees C).
- Season turkey with salt and pepper and place, breast-side down, in a roaster; add neck and giblets.
- Pour water into pan.
- Bake in the preheated oven, basting as needed, until no longer pink at the bone and the juices run clear, about 6 hours. An instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees F (74 degrees C). Continue to roast until meat falls off the bone if desired.

## Nutrition Facts

**PROTEIN 62.99%** **FAT 36.94%** **CARBS 0.07%**

## Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:23.253478169765%

## Nutrients (% of daily need)

Calories: 378.66kcal (18.93%), Fat: 15.14g (23.29%), Saturated Fat: 3.92g (24.51%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.16g (0.18%), Cholesterol: 193.23mg (64.41%), Sodium: 300.93mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.09g (116.17%), Vitamin B3: 20.48mg (102.4%), Selenium: 57.17µg (81.67%), Vitamin B6: 1.61mg (80.39%), Vitamin B12: 3.27µg (54.57%), Phosphorus: 491.29mg (49.13%), Zinc: 4.78mg (31.86%), Vitamin B2: 0.5mg (29.22%), Vitamin B5: 2.18mg (21.78%), Potassium: 602.49mg (17.21%), Magnesium: 67.33mg (16.83%), Iron: 2.32mg (12.88%), Copper: 0.21mg (10.45%), Vitamin B1: 0.13mg (8.6%), Vitamin D: 0.81µg (5.37%), Folate: 18.8µg (4.7%), Vitamin A: 150.84IU (3.02%), Calcium: 30.16mg (3.02%), Manganese: 0.05mg (2.25%), Vitamin E: 0.24mg (1.62%)