



Simple Herb-Roasted Turkey

READY IN



45 min.

SERVINGS



12

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 rib celery roughly chopped
- ☐ 2 cups chicken broth fat-free low-sodium
- ☐ 2 garlic cloves chopped
- ☐ 2 packages herb blend fresh roughly chopped for poultry,
- ☐ 12 servings additional herbs for garnish
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 10 pound turkey fresh thawed
- ☐ 2 tablespoons butter unsalted softened

- ☐ 1 small vidalia sweet roughly chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 325
- ☐ Remove turkey neck and giblets; discard. Rinse turkey with cold water; pat dry.
- ☐ Combine onion, celery, garlic, herbs, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl. Stuff turkey cavity with mixture. Tie ends of legs with twine. Lift wing tips up and over back; tuck under bird.
- ☐ Place roasting rack coated with cooking spray in a roasting pan.
- ☐ Place turkey on rack.
- ☐ Brush top and sides of turkey with butter; sprinkle with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Pour 1 cup broth in pan.
- ☐ Bake at 325 for 2 hours, basting every 30 minutes. Cover breast tightly with foil, and add remaining cup broth to bottom of roasting pan, and bake an additional 30 minutes or until a thermometer inserted into thickest part of thigh (away from bone) registers 165
- ☐ (Temperature will continue to rise when bird is resting.)
- ☐ Remove from oven; let rest 30 minutes before slicing.
- ☐ Transfer to a platter, garnish with fresh herbs, if desired, and serve.

Nutrition Facts



 **PROTEIN 58.55%**  **FAT 38.51%**  **CARBS 2.94%**

Properties

Glycemic Index:14.08, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:25.006086986998%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 412.23kcal (20.61%), Fat: 17.31g (26.64%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 2.97g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.62g (1.8%), Cholesterol: 198.25mg (66.08%), Sodium: 460.48mg (20.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.23g (118.45%), Vitamin B3: 21.09mg (105.44%), Vitamin B6: 1.66mg (82.94%), Selenium: 57.42µg (82.02%), Vitamin B12: 3.32µg (55.29%), Phosphorus: 513.28mg (51.33%), Zinc: 4.88mg (32.55%), Vitamin B2: 0.52mg (30.46%), Vitamin B5: 2.22mg (22.17%), Potassium: 680.28mg (19.44%), Magnesium: 72.1mg (18.02%), Iron: 2.61mg (14.5%), Copper: 0.25mg (12.73%), Vitamin B1: 0.14mg (9.49%), Vitamin K: 9.82µg (9.35%), Folate: 27.02µg (6.76%), Vitamin A: 318.31IU (6.37%), Vitamin D: 0.84µg (5.6%), Manganese: 0.11mg (5.47%), Calcium: 44.96mg (4.5%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.85mg (2.24%), Fiber: 0.39g (1.58%)