

Smoked Turkey

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

READY IN



450 min.

SERVINGS



18

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 18 servings fries
- 12 pound turkey whole
- 20 pound frangelico
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Equipment

- frying pan

Directions

- Place the charcoal into the bottom pan of the smoker. Light the coals and wait for the temperature of the smoker to come to 240 degrees F (115 degrees C). Lightly oil grate.
- Rinse turkey under cold water, and pat dry.
- Place hickory chips into a pan with water to cover.
- Place turkey onto the prepared grate.
- Add 2 handfuls damp chips at start of cooking, then a handful every couple of hours during the cooking process. Leave the lid on – DO NOT keep looking at turkey, or you will let the heat out! Continue smoking until the internal temperature of the turkey reaches 180 degrees F (82 degrees C), or keep going until the coals die out.

Nutrition Facts

PROTEIN 62.51% **FAT 37.09%** **CARBS 0.4%**

Properties

Glycemic Index: 3.57, Glycemic Load: 0.17, Inflammation Score: -3, Nutrition Score: 18.687390913782%

Nutrients (% of daily need)

Calories: 305.33kcal (15.27%), Fat: 12.26g (18.86%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.13g (0.14%), Cholesterol: 154.58mg (51.53%), Sodium: 245.36mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.49g (92.98%), Vitamin B3: 16.41mg (82.03%), Selenium: 45.74µg (65.34%), Vitamin B6: 1.29mg (64.39%), Vitamin B12: 2.62µg (43.66%), Phosphorus: 393.67mg (39.37%), Zinc: 3.83mg (25.5%), Vitamin B2: 0.4mg (23.38%), Vitamin B5: 1.75mg (17.47%), Potassium: 485.23mg (13.86%), Magnesium: 53.86mg (13.46%), Iron: 1.86mg (10.33%), Copper: 0.17mg (8.28%), Vitamin B1: 0.1mg (6.92%), Vitamin D: 0.64µg (4.29%), Folate: 15.25µg (3.81%), Vitamin A: 120.23IU (2.4%), Calcium: 23.71mg (2.37%), Manganese: 0.03mg (1.4%), Vitamin E: 0.19mg (1.29%)