



Southern Fried Turkey

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

READY IN



145 min.

SERVINGS



10

CALORIES



14032 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper black freshly ground
- 2 teaspoons cayenne pepper
- 10 servings herbs fresh for garnish
- 1 tablespoon garlic powder
- 1 tablespoon kosher salt
- 1 tablespoon onion powder
- 1 tablespoon paprika
- 4 gallons vegetable oil; peanut oil preferred

- 14 pound turkey

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- Heat the oil to 400 degrees F in a deep-fryer. Allow about 1 hour for the oil to come up to temperature and be sure to fry in an open area.
- Remove the turkey from the refrigerator and let come up to room temperature. Pat the turkey dry with paper towels.
- Whisk together the garlic powder, onion powder, paprika, salt, black pepper and cayenne in a small bowl.
- Sprinkle the turkey generously inside the cavity and out with the spice rub. Use your fingers to separate the skin from the breasts and rub the spice mixture into the meat. Carefully and slowly lower the turkey, legs pointing down, into the deep-fryer and fry until a thermometer reads 165 degrees F when inserted into the thickest part of the thigh, about 3 minutes per pound, 42 to 45 minutes.
- Transfer the turkey to a baking sheet lined with a wire rack and let rest for 30 minutes before carving. Do not cover with foil while it rests or you will lose the beautiful crispness of the skin.
- Place on a serving platter and garnish with fresh herbs.

Nutrition Facts

 **PROTEIN 2.75%**  **FAT 97.19%**  **CARBS 0.06%**

Properties

Glycemic Index:11.6, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:42.543912825377%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 14031.66kcal (701.58%), Fat: 1539.81g (2368.94%), Saturated Fat: 262.52g (1640.77%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.49g (0.54%), Cholesterol: 324.63mg (108.21%), Sodium: 1206.53mg (52.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.08g (196.16%), Vitamin E: 238.49mg (1589.96%), Vitamin B3: 34.58mg (172.88%), Selenium: 96.43µg (137.76%), Vitamin B6: 2.75mg (137.43%), Vitamin B12: 5.5µg (91.68%), Phosphorus: 836.98mg (83.7%), Vitamin K: 77.77µg (74.07%), Zinc: 8.32mg (55.46%), Vitamin B2: 0.85mg (50.16%), Vitamin B5: 3.71mg (37.07%), Potassium: 1078.03mg (30.8%), Magnesium: 118.68mg (29.67%), Iron: 4.88mg (27.09%), Vitamin A: 1102.85IU (22.06%), Copper: 0.37mg (18.69%), Vitamin B1: 0.23mg (15.37%), Folate: 39.3µg (9.82%), Vitamin D: 1.35µg (9.02%), Manganese: 0.15mg (7.47%), Vitamin C: 5.81mg (7.04%), Calcium: 62.83mg (6.28%), Fiber: 0.76g (3.06%)