



## Southern Fried Turkey

 Gluten Free

READY IN



795 min.

SERVINGS



8

CALORIES



25984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 bay leaves
- ☐ 2 garlic cloves
- ☐ 6 gallons approximately peanut oil
- ☐ 2.5 ounces pepper sauce red
- ☐ 12 pound turkey
- ☐ 8 ounces butter unsalted
- ☐ 0.5 cup water

## Equipment

- ☐ sauce pan
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ oven mitt
- ☐ deep fryer

## Directions

- ☐ Combine butter, red pepper sauce, water, garlic, and bay leaves in a small saucepan over medium-high heat. Boil the sauce for 10 minutes to reduce. As it cooks, the color will deepen. Allow the sauce to cool before injecting it into the turkey. It is best to inject the turkey with the sauce at least 12 hours before frying.
- ☐ Set up a 40-quart deep fryer with burner base and propane tank according to manufacturer's directions. As a safety precaution, measure the amount of oil needed to fry by filling the pot first with water and covering the turkey by 1-inch. You may want to put the turkey in a plastic bag for ease.
- ☐ Remove the turkey and mark the water level on the side of the pot, this insures no spill over when working with hot oil.
- ☐ Pour out the water, dry the pot, and turkey thoroughly.
- ☐ Fill the pot with oil and heat to 350 degrees F. Have a deep fry thermometer attached to the pot.
- ☐ Put the turkey on the fry stand and attach to the metal hanger that comes with the fry kit. Slowly ease the turkey into the hot oil, long oven mitts and an apron are essential.
- ☐ Keep a close eye as the oil bubbles up. Turkey cooks 4 minutes per pound so check it at 45 minutes. The internal temperature of the bird should read on a thermometer between 170 and 180 degrees F.
- ☐ Remove the turkey from the oil as carefully as it went in.
- ☐ Set the turkey stand on a roasting pan to drain the excess oil.
- ☐ Let the turkey rest for 15 minutes so the juices settle before removing and carving.

## Nutrition Facts



 PROTEIN **1.59%**  FAT **98.41%**  CARBS **0%**

Properties

Glycemic Index:3.75, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:41.192608717343%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 25983.84kcal (1299.19%), Fat: 2889.34g (4445.13%), Saturated Fat: 501.43g (3133.92%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.43g (0.47%), Cholesterol: 408.77mg (136.26%), Sodium: 779.19mg (33.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 104.87g (209.75%), Vitamin E: 446.84mg (2978.91%), Vitamin B3: 36.9mg (184.52%), Selenium: 103.29µg (147.55%), Vitamin B6: 2.92mg (145.91%), Vitamin B12: 5.94µg (99.03%), Phosphorus: 892.98mg (89.3%), Zinc: 8.93mg (59.53%), Vitamin B2: 0.91mg (53.62%), Vitamin B5: 3.96mg (39.63%), Potassium: 1104.79mg (31.57%), Magnesium: 122.14mg (30.54%), Iron: 5.08mg (28.21%), Vitamin K: 22.08µg (21.03%), Vitamin A: 994.94IU (19.9%), Copper: 0.38mg (19.18%), Vitamin B1: 0.24mg (15.87%), Vitamin D: 1.87µg (12.5%), Folate: 35.26µg (8.82%), Vitamin C: 6.87mg (8.33%), Calcium: 62.66mg (6.27%), Manganese: 0.08mg (3.9%)