



Southwestern Corn-Stuffed Turkey

READY IN



45 min.

SERVINGS



14

CALORIES



532 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons chile powder red
- ☐ 1 cup corn kernels frozen
- ☐ 1 eggs
- ☐ 1 tablespoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 1 jalapeno minced seeded
- ☐ 14.3 ounce no-salt-added chicken broth undiluted canned

- ☐ 1 teaspoon olive oil
- ☐ 3 tablespoons parmesan cheese freshly grated
- ☐ 1 cup purple onion minced
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons salt
- ☐ 0.7 cup skim milk
- ☐ 12 pound turkey
- ☐ 0.8 cup flour whole wheat
- ☐ 1.8 cups cornmeal yellow divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer

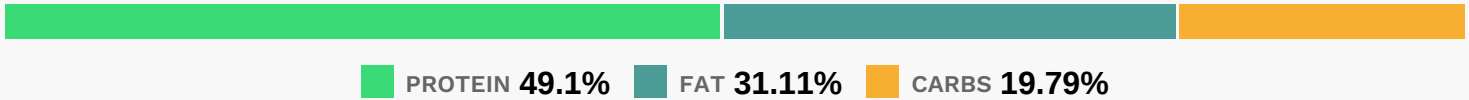
Directions

- ☐ Combine 3/4 cup cornmeal, flour, and next 4 ingredients in a large bowl, stir well.
- ☐ Combine milk and next 3 ingredients in a small bowl.
- ☐ Pour milk mixture into cornmeal mixture, stirring until dry ingredients are moistened. Fold in jalapeno pepper, onion, and corn.
- ☐ Spray a 10-inch cast-iron skillet with cooking spray; add cornbread stuffing mixture.
- ☐ Bake at 500 for 15 minutes; remove from oven, and let cool completely on a wire rack.
- ☐ Trim excess fat from turkey.
- ☐ Remove giblets and neck from turkey; reserve for another use. Rinse turkey thoroughly under cold water, and pat dry with paper towels. Break cornbread into pieces; lightly pack into body

cavity of turkey. Lightly pack any remaining cornbread into neck cavity.

- ☐ Pour chicken broth into each cavity. Tie ends of legs to tail with cord. Lift wingtips up and over back, and tuck under turkey.
- ☐ Combine remaining 1 cup cornmeal, red pepper, salt, and black pepper in a small bowl. Coat all sides of bird with cornmeal mixture.
- ☐ Place turkey on a rack coated with cooking spray, and place rack in a shallow roasting pan. Insert meat thermometer into meaty portion of thigh, making sure it does not touch bone.
- ☐ Bake at 500 for 20 minutes. Reduce heat to 325, and bake 2 hours and 15 minutes or until meat thermometer registers 18
- ☐ When turkey is two-thirds done, cut the cord or band of skin holding the drumstick ends to the tail; this will ensure that the insides of the thighs are cooked. Turkey is done when drumsticks are easy to move up and down.
- ☐ Let stand fifteen minutes before carving.
- ☐ Remove skin before slicing.

Nutrition Facts



Properties

Glycemic Index:26.36, Glycemic Load:10.63, Inflammation Score:-6, Nutrition Score:30.17304342726%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 531.92kcal (26.6%), Fat: 18.23g (28.04%), Saturated Fat: 4.68g (29.27%), Carbohydrates: 26.09g (8.7%), Net Carbohydrates: 22.86g (8.31%), Sugar: 4.71g (5.23%), Cholesterol: 211.72mg (70.57%), Sodium: 882.3mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.73g (129.47%), Vitamin B3: 22.5mg (112.49%), Selenium: 65.79µg (93.98%), Vitamin B6: 1.85mg (92.53%), Phosphorus: 636.86mg (63.69%), Vitamin B12: 3.51µg (58.44%), Zinc: 5.95mg (39.69%), Vitamin B2: 0.6mg (35.48%), Magnesium: 105.73mg (26.43%), Vitamin B5: 2.55mg (25.53%), Manganese: 0.48mg (23.89%), Potassium: 806.44mg (23.04%), Iron: 3.57mg (19.86%), Vitamin B1: 0.24mg (16.3%), Copper: 0.32mg (16%), Fiber: 3.23g (12.94%), Calcium: 117.22mg (11.72%), Folate: 37.99µg (9.5%), Vitamin A: 455.19IU (9.1%), Vitamin D: 1.02µg (6.83%), Vitamin E: 0.71mg (4.75%), Vitamin C: 2.51mg (3.04%),

Vitamin K: 1.3µg (1.24%)