



Spice-Brined Turkey with Cider Pan Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons allspice whole crushed
- ☐ 1.5 cups apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons cardamom pods crushed
- ☐ 2 tablespoons cloves crushed
- ☐ 14 ounce fat-skimmed beef broth fat-free divided canned
- ☐ 0.3 cup flour all-purpose
- ☐ 6 ounces ginger fresh thinly sliced

- ☐ 0.8 cup kosher salt
- ☐ 2 tablespoons peppercorns black crushed
- ☐ 12 pound turkey fresh thawed
- ☐ 5 quarts water

Equipment

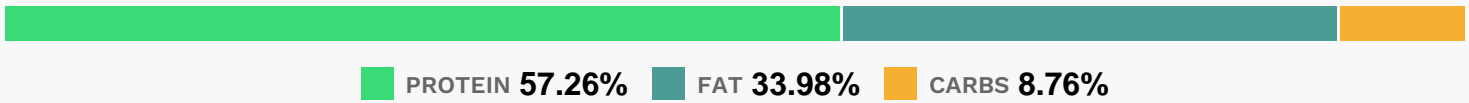
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ stove
- ☐ ziploc bags
- ☐ measuring cup
- ☐ broiler pan
- ☐ kitchen twine

Directions

- ☐ Combine first 7 ingredients in a large stockpot over medium-high heat. Cook until salt is dissolved.
- ☐ Remove pan from heat; cool completely.
- ☐ Remove and discard giblets and neck from turkey, or reserve for another use. Trim excess fat. Tie ends of legs together with kitchen twine. Lift wing tips up and over back; tuck under turkey.
- ☐ Add turkey to pan, turning to coat. Cover and refrigerate for 24 hours, turning the turkey occasionally.
- ☐ Preheat oven to 45

- ☐ Remove turkey from brine; discard brine. Rinse turkey with cold water; pat dry.
- ☐ Place turkey, breast side up, in a roasting pan.
- ☐ Pour 1 cup broth into pan.
- ☐ Bake at 450 for 30 minutes.
- ☐ Reduce oven temperature to 350 (do not remove turkey from oven).
- ☐ Bake turkey at 350 for 1 1/2 hours or until thermometer inserted into meaty part of thigh registers 16
- ☐ Remove turkey from oven; let stand 30 minutes.
- ☐ Remove and discard skin.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain drippings into a measuring cup, stopping before the fat layer reaches the opening (reserve 1 tablespoon fat).
- ☐ Combine drippings, remaining broth, and cider in a small bowl.
- ☐ Place broiler pan on stovetop over medium heat, scraping to loosen browned bits. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour and reserved fat to pan; cook 1 minute, stirring frequently. Slowly add broth mixture, stirring with a whisk; cook 4 minutes or until thickened, stirring occasionally. Stir in 1/4 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:3.43, Inflammation Score:-5, Nutrition Score:31.383478164673%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 501.64kcal (25.08%), Fat: 18.68g (28.74%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.29g (3.38%), Sugar: 3.35g (3.72%), Cholesterol: 231.88mg (77.29%), Sodium: 7594.9mg (330.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.81g (141.63%), Vitamin B3: 25.11mg (125.57%), Selenium: 70.51µg (100.72%), Vitamin B6: 1.97mg (98.73%), Vitamin B12: 4µg (66.59%), Phosphorus: 609.01mg (60.9%), Manganese: 0.97mg (48.27%), Zinc: 5.99mg (39.92%), Vitamin B2: 0.63mg (37.19%), Vitamin B5: 2.73mg (27.33%), Magnesium: 101.19mg (25.3%), Potassium: 875.36mg (25.01%), Copper: 0.4mg (19.85%), Iron: 3.56mg (19.8%), Vitamin B1: 0.19mg (12.86%), Calcium: 80.25mg (8.02%), Folate: 30.03µg (7.51%), Vitamin D: 0.97µg (6.44%), Fiber: 1.55g (6.19%), Vitamin A: 197.09IU (3.94%), Vitamin K: 3.53µg (3.36%), Vitamin E: 0.39mg (2.62%), Vitamin C: 1.64mg (1.99%)