



## Spice-Rubbed Smoked Turkey with Roasted-Pear Stuffing and Cranberry Syrup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



566 kcal

SEASONING

MARINADE

### Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 teaspoons rubbed sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons mustard dry
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon kosher salt

- ☐ 2 teaspoons oregano dried
- ☐ 12 servings roasted-pear stuffing
- ☐ 12 servings cranberry syrup
- ☐ 12 pound turkey fresh thawed
- ☐ 6 hickory wood chunks

## Equipment

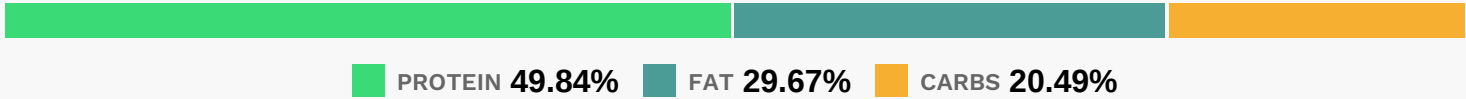
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ To prepare turkey, remove and discard giblets and neck. Rinse turkey with cold water, and pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back, and tuck under turkey.
- ☐ Place turkey on a jelly-roll pan.
- ☐ Combine the brown sugar and the next 7 ingredients (brown sugar through coriander). Rub seasoning mixture over and under skin. Cover turkey with plastic wrap; refrigerate 8 hours.
- ☐ Soak wood chunks in water 1 hour, and drain well.
- ☐ Place a large, disposable aluminum-foil pan in center of bottom grill rack.
- ☐ Place 25 charcoal briquettes on each side of the pan; ignite briquettes.
- ☐ Place wood chunks over hot coals. Coat top grill rack with cooking spray; place over foil pan and hot coals. Uncover the turkey; remove from jelly-roll pan.
- ☐ Place on top rack over aluminum-foil pan. Insert a meat thermometer into meaty part of thigh, making sure not to touch bone. Cover and smoke turkey 2 1/2 hours or until meat thermometer registers 180, adding 8 additional briquettes to each side of drip pan every hour. (Cover the turkey loosely with foil if it becomes too brown. Turkey will be a deep mahogany brown when done.) Discard skin.

- ☐
- Serve with Roasted–Pear Stuffing and Cranberry Syrup.
- ☐
- NOTE: Try to resist checking the turkey too often. Lifting the grill lid decreases the temperature significantly.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:7.43, Inflammation Score:-7, Nutrition Score:31.062608770702%

Flavonoids

Cyanidin: 3.88mg, Cyanidin: 3.88mg, Cyanidin: 3.88mg, Cyanidin: 3.88mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg, Epicatechin: 6.29mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 565.85kcal (28.29%), Fat: 18.66g (28.71%), Saturated Fat: 4.76g (29.77%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 23.5g (8.55%), Sugar: 19.38g (21.53%), Cholesterol: 231.88mg (77.29%), Sodium: 945.38mg (41.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.54g (141.08%), Vitamin B3: 24.91mg (124.53%), Selenium: 69.58µg (99.39%), Vitamin B6: 1.99mg (99.31%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 615.83mg (61.58%), Zinc: 5.96mg (39.76%), Vitamin B2: 0.64mg (37.93%), Vitamin B5: 2.71mg (27.06%), Potassium: 934.45mg (26.7%), Magnesium: 96.84mg (24.21%), Fiber: 5.51g (22.03%), Iron: 3.61mg (20.05%), Copper: 0.4mg (19.86%), Vitamin B1: 0.18mg (12.06%), Vitamin K: 11.18µg (10.64%), Vitamin C: 7.43mg (9.01%), Folate: 35.84µg (8.96%), Manganese: 0.17mg (8.62%), Calcium: 66.29mg (6.63%), Vitamin D: 0.97µg (6.44%), Vitamin A: 236.6IU (4.73%), Vitamin E: 0.6mg (3.99%)