



Sugar-and-Spice Cured Turkey

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 10 servings additional chicken broth
- ☐ 28 ounce chicken broth low-sodium canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon mace

- ☐ 1 large onion quartered
- ☐ 1 teaspoon onion powder
- ☐ 1 sprigs garnishes: rosemary apple fresh
- ☐ 2 tablespoons sea salt coarse-grain
- ☐ 12 pound turkey whole

Equipment

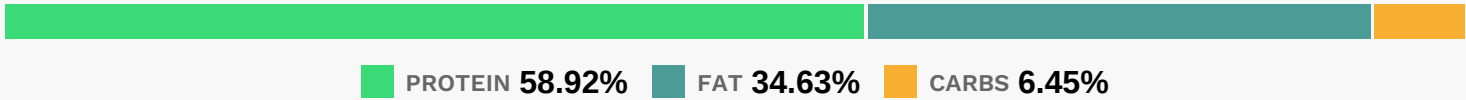
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Remove giblets and neck; rinse turkey with cold water. Pat dry. Tie legs together with string; tuck wingtips under.
- ☐ Combine brown sugar and next 6 ingredients. Rub over turkey. Cover with plastic wrap; chill 8 hours.
- ☐ Place turkey on a rack in a roasting pan, breast side up. Arrange onion quarters around turkey.
- ☐ Pour 2 cans broth in bottom of pan.
- ☐ Bake, loosely covered with foil, at 325 for 1 1/2 hours. Uncover and bake 1 1/2 more hours or until meat thermometer registers 18
- ☐ (Cover with foil to prevent excessive browning, if necessary.)
- ☐ Remove onion; discard, reserving pan drippings.
- ☐ Let turkey stand 15 minutes before carving.
- ☐ Combine pan drippings and enough chicken broth to equal 2 cups in a saucepan over medium heat.

- ☐ Whisk in flour, and cook, whisking constantly, 5 minutes or until thickened.
- ☐ Serve with turkey.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:1.15, Inflammation Score:-5, Nutrition Score:31.346521992398%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 592.27kcal (29.61%), Fat: 22.36g (34.4%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 9.37g (3.12%), Net Carbohydrates: 8.95g (3.25%), Sugar: 6.34g (7.05%), Cholesterol: 278.27mg (92.76%), Sodium: 1858.49mg (80.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.62g (171.23%), Vitamin B3: 30.7mg (153.5%), Selenium: 83.05µg (118.64%), Vitamin B6: 2.35mg (117.42%), Vitamin B12: 4.79µg (79.91%), Phosphorus: 738.87mg (73.89%), Zinc: 7.02mg (46.79%), Vitamin B2: 0.75mg (44.23%), Vitamin B5: 3.17mg (31.7%), Potassium: 971.62mg (27.76%), Magnesium: 100.68mg (25.17%), Iron: 3.69mg (20.51%), Copper: 0.36mg (17.76%), Vitamin B1: 0.21mg (13.77%), Folate: 33.04µg (8.26%), Vitamin D: 1.16µg (7.73%), Manganese: 0.15mg (7.61%), Calcium: 57.27mg (5.73%), Vitamin A: 218.29IU (4.37%), Vitamin E: 0.36mg (2.42%), Fiber: 0.42g (1.67%), Vitamin C: 1.22mg (1.48%)