

Tandoori Turkey

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ajwain seeds
- ☐ 24 bay leaves crumbled
- ☐ 5 cardamom black
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons peppercorns black
- ☐ 2 celery stalks chopped
- ☐ 2 teaspoons chili powder
- ☐ 1 cinnamon sticks

- ☐ 1 tablespoon coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 1 teaspoon fenugreek leaves dried
- ☐ 0.3 cup garlic finely chopped
- ☐ 4 garlic clove
- ☐ 0.5 cup ginger peeled chopped
- ☐ 5 cardamom pods green
- ☐ 1 tablespoon ground cardamom
- ☐ 0.3 cup kosher salt
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup paprika
- ☐ 1 tablespoon peppercorns whole black
- ☐ 2 tablespoons garam masala
- ☐ 1 medium onion red chopped
- ☐ 1 quart yogurt plain
- ☐ 12 pound turkey

Equipment

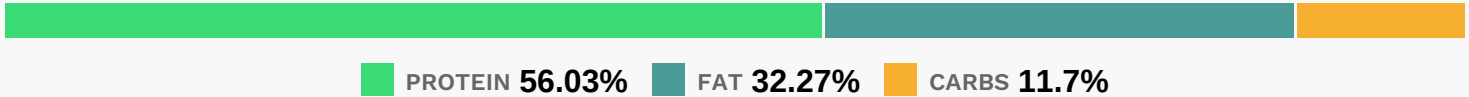
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Toast spices in a skillet over medium heat, swirling often, until fragrant, about 2 minutes.
- ☐ Let cool. Working in batches, finely grind mixture in a spice mill. DO AHEAD: Can be made 1 month ahead. Store airtight at room temperature.

- ☐ Toast spices in a skillet over medium heat,swirling often, until fragrant,about 2 minutes.
- ☐ Let cool.Working in batches, finelygrind mixture in a spice mill.Sift through a medium-meshstrainer into a small bowl; stirto combine. DO AHEAD: Canbe made 1 month ahead. Storeairtight at room temperature.
- ☐ Pat turkey dry withpaper towels. Rub inside andout with salt; transfer to roastingbag. Stuff turkey with cardamompods and cumin seeds, thenonion, celery, and garlic.
- ☐ Purée all ingredientsin a blender.
- ☐ Pour marinadeinto roasting bag. Smear allover turkey. Tie bag and arrangeturkey, breast side down,in a large heavy roasting pan.Refrigerate overnight.
- ☐ Let turkey stand in bag atroom temperature for 1 hour.Turn breast side up. Createsteam holes in bag if required bymanufacturer's instructions.
- ☐ Preheat oven to 400°F. Roastturkey for 30 minutes. Reduceheat to 350°F. Roast until an instant-read thermometerinserted into thickest partof thigh (puncturing bag withthermometer) registers 160°,about 1 1/2 hours longer.
- ☐ Cut topof bag open, being careful ofsteam and juices, and pull backover turkey. Roast turkey untilbreast is deeply browned butnot burned and a thermometerinserted into thigh registers 165°F,15–30 minutes longer.
- ☐ Transfer to a platter.
- ☐ Let restfor at least 20 minutes beforecarving.
- ☐ Meanwhile, strain juicesinto a large saucepan. Spoonfat from surface. Simmer overmedium heat until sauce isreduced to 3 1/2 cups, about20 minutes.
- ☐ Carve turkey.
- ☐ Serve withaccompanying gravy.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:1.09, Inflammation Score:-8, Nutrition Score:37.488260849662%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 545.65kcal (27.28%), Fat: 19.45g (29.93%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 12.42g (4.52%), Sugar: 7.22g (8.02%), Cholesterol: 233.45mg (77.82%), Sodium: 2791.09mg (121.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76g (152%), Vitamin B3: 25.12mg (125.58%), Vitamin B6: 2.11mg (105.71%), Selenium: 72.56µg (103.66%), Phosphorus: 745.41mg (74.54%), Vitamin B12: 4.41µg (73.5%), Manganese: 1.22mg (60.81%), Vitamin B2: 0.83mg (49.04%), Zinc: 6.95mg (46.32%), Vitamin B5: 3.27mg (32.71%), Potassium: 1115.89mg (31.88%), Magnesium: 117.68mg (29.42%), Vitamin A: 1435.65IU (28.71%), Iron: 4.59mg (25.48%), Calcium: 243.75mg (24.38%), Copper: 0.36mg (18.1%), Vitamin B1: 0.23mg (15.18%), Fiber: 3.46g (13.82%), Folate: 37.63µg (9.41%), Vitamin C: 6.54mg (7.92%), Vitamin E: 1.16mg (7.75%), Vitamin K: 7.16µg (6.82%), Vitamin D: 0.97µg (6.44%)