



# Thanksgiving Pioneer-Style Herb Roasted Turkey

 Very Healthy

READY IN



335 min.

SERVINGS



8

CALORIES



1296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 large carrots cut into 1-inch pieces
- 3 large stalks celery cut into 1-inch pieces
- 8 cups chicken stock see homemade divided plus more if needed for gravy
- 3 tablespoons flour
- 3 tablespoons flat parsley fresh finely chopped
- 2 tablespoons rosemary fresh finely chopped
- 1 tablespoon sage fresh finely chopped

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- 0.3 cup sage leaves fresh
- 2 tablespoons thyme leaves fresh finely chopped
- 2 large onions quartered
- 4 cups sage-infused stock
- 8 servings salt and pepper black freshly ground
- 17 pound turkey fresh whole dry rinsed well
- 8 servings turkey neck
- 1.3 stick butter unsalted softened
- 3 tablespoons butter unsalted
- 1 cup white wine

## Equipment

- food processor
- baking sheet
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Watch how to make this recipe.
- Remove the turkey from the refrigerator 1 hour before roasting.
- Combine the butter, sage, rosemary, thyme, and parsley in a food processor and process until smooth. Season with salt and pepper.
- Preheat the oven to 450 degrees F.

- Season the cavity of the turkey with salt and pepper and fill the cavity with half of the carrots, celery, and onion. Rub the entire turkey with herb butter and season liberally with salt and pepper.
- Put 4 cups of the chicken stock in a medium saucepan and keep warm over low heat.
- Place the remaining vegetables on the bottom of a large roasting pan.
- Put the turkey on top of the vegetables, put in the oven, and roast in the oven until lightly golden brown, 45 minutes. Reduce the heat to 350 degrees F and continue roasting, basting with the warm chicken stock every 15 minutes, until an instant-read thermometer inserted in the thigh registers 160 degrees F, about 2 to 2 1/4 hours longer.
- Remove the turkey from the oven, transfer to baking sheet and tent loosely with foil, and let rest 20 minutes before slicing.
- Strain the cooking liquid from the roasting pan into a medium saucepan (should be about 4 cups, if not, add more stock to make 4 cups).
- Add the neck, bring to a boil, add the sage leaves, remove from the heat, and let steep for 15 minutes.
- Remove the sage leaves.
- Melt the butter in a medium saucepan over medium-high heat.
- Add the flour and cook for 1 minute.
- Add the wine and cook until reduced.
- Whisk in the stock and cook until thickened and smooth, about 5 minutes. Season with the salt and pepper and chopped sage.

## Nutrition Facts

**PROTEIN 49.86%** **FAT 43.69%** **CARBS 6.45%**

### Properties

Glycemic Index:38.1, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:56.990869480631%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 3.71mg, Apigenin: 3.71mg, Apigenin: 3.71mg

Apigenin: 3.71mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg, Quercetin: 7.74mg

## **Nutrients (% of daily need)**

Calories: 1296.35kcal (64.82%), Fat: 60.81g (93.55%), Saturated Fat: 22.87g (142.94%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 17.44g (6.34%), Sugar: 7.6g (8.44%), Cholesterol: 550.34mg (183.45%), Sodium: 1149.81mg (49.99%), Alcohol: 3.09g (100%), Alcohol %: 0.36% (100%), Protein: 156.14g (312.27%), Copper: 28.44mg (1422.21%), Vitamin B3: 56.69mg (283.43%), Vitamin B6: 4.37mg (218.45%), Selenium: 152.83µg (218.33%), Vitamin B12: 8.41µg (140.1%), Phosphorus: 1363.23mg (136.32%), Vitamin A: 5766.69IU (115.33%), Vitamin B2: 1.55mg (91.45%), Zinc: 13mg (86.67%), Manganese: 1.2mg (60.04%), Potassium: 2058.89mg (58.83%), Vitamin B5: 5.78mg (57.84%), Magnesium: 213.29mg (53.32%), Iron: 8.27mg (45.95%), Vitamin B1: 0.51mg (33.69%), Vitamin K: 35.08µg (33.41%), Folate: 87.37µg (21.84%), Calcium: 186.03mg (18.6%), Vitamin D: 2.4µg (16%), Vitamin C: 10.22mg (12.39%), Fiber: 2.76g (11.02%), Vitamin E: 1.46mg (9.74%)