



## Thanksgiving Turkey with Holiday Rub

READY IN



225 min.

SERVINGS



14

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 14 servings chicken stock see
- ☐ 2 teaspoons rosemary dried
- ☐ 1 teaspoon sage dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 teaspoons kosher salt

- ☐ 14 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 14 servings salt and pepper black freshly ground
- ☐ 2 shallots finely chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 14 pound turkey dry rinsed

## Equipment

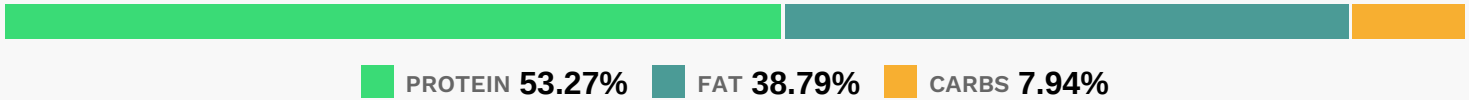
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 325 degrees F.
- ☐ Mix all of the dry rub ingredients in a small bowl.
- ☐ Put the turkey on a rack in a roasting pan.
- ☐ Generously season the turkey cavity with salt and pepper, to taste.
- ☐ Brush the turkey with olive oil, and rub it with the seasoning mixture. Tie the legs together loosely to hold their shape, and tuck the wing tips under.
- ☐ Roast the turkey until an instant-read thermometer inserted into the thickest part of thigh registers 165 to 170 degrees F, about 3 hours.

- ☐ Transfer the turkey to a platter. Tent it very loosely with foil, and let it rest for at least 30 minutes (the internal temperature will rise 5 to 10 degrees). Reserve the juices in the pan.
- ☐ Gravy: Scrape the juices and browned bits from the roasting pan into a large glass measuring cup. Spoon off the fat, reserving 2 tablespoons. If necessary, add enough stock to the juices to measure 1 2/3 cups.
- ☐ Heat the reserved 2 tablespoons fat in a heavy, large saucepan over medium-high heat.
- ☐ Add the garlic, and shallots, and saute for 2 minutes.
- ☐ Add the flour and whisk until golden, about 4 minutes.
- ☐ Add the degreased pan juices, and the 2 cups stock. Bring to a boil, whisking until smooth. Reduce the heat and simmer until the gravy is reduced to the desired consistency, about 4 minutes.
- ☐ Whisk in the lemon juice, and the sour cream. Season the gravy with salt and pepper, to taste.
- ☐ Pour the gravy into a serving bowl. Carve the turkey and arrange it on a serving platter.
- ☐ Serve the turkey with the gravy.

## Nutrition Facts



## Properties

Glycemic Index:21.86, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:30.624347691951%

## Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 585.65kcal (29.28%), Fat: 24.69g (37.98%), Saturated Fat: 6.6g (41.23%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 11.04g (4.01%), Sugar: 4.62g (5.13%), Cholesterol: 243.92mg (81.31%), Sodium: 1039.47mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.3g (152.6%), Vitamin B3: 28.49mg (142.47%), Selenium: 74.88µg (106.97%), Vitamin B6: 2.1mg (105.11%), Phosphorus: 666.39mg (66.64%), Vitamin B12: 3.95µg (65.77%), Vitamin B2: 0.82mg (48.5%), Zinc: 6.14mg (40.97%), Potassium: 1008.53mg (28.82%), Vitamin B5: 2.67mg (26.68%), Magnesium: 93.33mg (23.33%), Iron: 3.64mg (20.23%), Copper: 0.39mg (19.64%), Vitamin B1: 0.26mg (17.2%), Folate: 40.2µg (10.05%), Vitamin D: 0.97µg (6.44%), Manganese: 0.13mg (6.29%), Calcium: 58.22mg

(5.82%), Vitamin A: 247.21IU (4.94%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.7mg (4.68%), Vitamin C: 1.89mg (2.29%), Fiber: 0.33g (1.33%)