



Thanksgiving Turkey with Italian Meat Stuffing

READY IN



390 min.

SERVINGS



18

CALORIES



622 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound day-old bread italian
- 2 large stalks celery with leaves, chopped
- 1 large eggs
- 1 tablespoon flat-leaf parsley fresh chopped
- 0.5 cup mushrooms fresh chopped
- 4 cloves garlic chopped to taste
- 2 teaspoons garlic powder to taste
- 1 pound ground beef
- 18 servings salt and ground pepper black to taste

- 2 lemons cut in half
- 2 tablespoons olive oil
- 1 large onion chopped
- 0.5 cup freshly parmesan cheese shredded
- 1 cup water
- 15 pound turkey whole

Equipment

- bowl
- frying pan
- paper towels
- oven
- mixing bowl
- roasting pan
- kitchen thermometer

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Place the ground beef into a skillet, and cook and stir the meat until browned and crumbly, breaking it up into chunks as it cooks, about 10 minutes.
- Drain grease.
- Place the ground beef into a large mixing bowl.
- Tear the bread into rough chunks, and place into a bowl; soak bread in water until moistened, and squeeze the water out of the bread. Crumble the wet bread into the bowl with the ground beef.
- Mix in the onion, celery, mushrooms, 4 cloves of garlic, flat-leaf parsley, Parmesan cheese, and egg until thoroughly combined. Season with salt and black pepper.
- Rinse the turkey, and pat dry with paper towels. Lightly stuff the turkey with the ground beef mixture, and place into a roasting pan with a lid. Rub the turkey with olive oil, squeeze lemons over the turkey, and sprinkle 2 more cloves of garlic, the garlic powder, and more salt and

black pepper over the bird.

- Roast the turkey uncovered in the preheated oven until the skin is browned, about 45 minutes. Reduce heat to 350 degrees C (175 degrees C), and cover the turkey with the lid. Continue roasting until the juices run clear and an instant-read meat thermometer inserted into the thickest part of a thigh reads 180 degrees F (80 degrees C), about 5 more hours. Baste occasionally. If the bottom of the roasting pan looks dry, pour in water.

Nutrition Facts

PROTEIN 43.17% FAT 46.46% CARBS 10.37%

Properties

Glycemic Index:13.47, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:28.094347953796%

Flavonoids

Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg, Eriodictyol: 2.56mg Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg, Hesperetin: 3.35mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 622.09kcal (31.1%), Fat: 31.68g (48.74%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 15.92g (5.31%), Net Carbohydrates: 14.39g (5.23%), Sugar: 8.76g (9.74%), Cholesterol: 223.34mg (74.45%), Sodium: 464.81mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.24g (132.48%), Vitamin B3: 22.83mg (114.16%), Selenium: 62.96µg (89.94%), Vitamin B6: 1.74mg (86.81%), Vitamin B12: 3.87µg (64.54%), Phosphorus: 575.43mg (57.54%), Zinc: 6.06mg (40.38%), Vitamin B2: 0.6mg (35.17%), Vitamin B5: 2.45mg (24.51%), Potassium: 788.26mg (22.52%), Magnesium: 80.58mg (20.14%), Iron: 3.57mg (19.84%), Vitamin B1: 0.19mg (12.8%), Copper: 0.25mg (12.51%), Folate: 43.41µg (10.85%), Vitamin C: 7.68mg (9.31%), Calcium: 78.03mg (7.8%), Vitamin K: 6.6µg (6.29%), Fiber: 1.53g (6.14%), Vitamin D: 0.91µg (6.03%), Vitamin A: 229.07IU (4.58%), Vitamin E: 0.64mg (4.28%), Manganese: 0.08mg (4.19%)