






 **58%**  
HEALTH SCORE

# Thanksgiving Wild Turkey from 'The Wild Chef

 Dairy Free

READY IN  
  
**180 min.**

SERVINGS  
  
**6**

CALORIES  
  
**1574 kcal**

LUNCH    MAIN COURSE    MAIN DISH    DINNER

## Ingredients

- 375 g caul fat salted minced sliced
- 4 cups bread diced toasted (8 oz/250 g)
- 3 ribs celery minced
- 1 cup chicken stock see (8 fl oz/250 ml)
- 6 servings pepper black freshly ground
- 4 cloves garlic minced
- 8 sprigs flat parsley italian minced
- 2 sprigs rosemary minced

- 6 sprigs sage minced
- 1 turkey wild (5.5–6.5 kg)
- 1 onion yellow minced

## Equipment

- frying pan
- paper towels
- oven
- knife
- roasting pan
- kitchen thermometer

## Directions

- Preheat the oven to 350°F (180°C). Render half of the minced fatback slowly in a heavy-bottom sauté pan. Reserve and keep warm.
- Dry the turkey very well with paper towels. Using a brush, coat the exterior with some of the warm minced fatback and season well with salt and pepper inside and out.
- Heat up the remaining minced fatback on medium.
- Add the onion and season with salt and pepper. Cook for 5 minutes, stirring occasionally, then add the celery and cook for 5 minutes more.
- Add the garlic and cook for 1 minute.
- Remove from the heat and add the toasted bread. Moisten with stock and add the minced herbs. Taste the bread cubes and add more broth and herbs as needed—they should be moist and tasty. Gently fill the cavity of the turkey with this mixture, and cover the breast with the remaining slices of fatback.
- Place the turkey, breast side up, in a heavy roasting pan and put it in the oven. Roast for 1 hour.
- Remove the fatback, raise the oven temperature to 375°F (190°C), and continue roasting for 1 hour to brown the breast.
- Remove the turkey as soon as it registers 160°F (71°C) on an instant-read thermometer inserted into the thickest part of the thigh, away from the bone.

Let the turkey rest for at least 20–30 minutes before carving it across the grain with a sharp knife.

## Nutrition Facts

**PROTEIN 29.07%** **FAT 50.5%** **CARBS 20.43%**

### Properties

Glycemic Index:46.94, Glycemic Load:40.93, Inflammation Score:-8, Nutrition Score:54.264782117761%

### Flavonoids

Apigenin: 3.44mg, Apigenin: 3.44mg, Apigenin: 3.44mg, Apigenin: 3.44mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

### Nutrients (% of daily need)

Calories: 1573.94kcal (78.7%), Fat: 87.37g (134.42%), Saturated Fat: 27.67g (172.91%), Carbohydrates: 79.54g (26.51%), Net Carbohydrates: 72.44g (26.34%), Sugar: 11g (12.23%), Cholesterol: 345.93mg (115.31%), Sodium: 1308.82mg (56.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 113.15g (226.3%), Vitamin B3: 42.94mg (214.72%), Selenium: 143.21µg (204.59%), Vitamin B6: 2.86mg (142.99%), Phosphorus: 1037.94mg (103.79%), Manganese: 2.07mg (103.32%), Copper: 1.85mg (92.52%), Vitamin B12: 5.35µg (89.17%), Vitamin B2: 1.28mg (75.19%), Zinc: 9.67mg (64.49%), Vitamin B1: 0.94mg (62.67%), Iron: 9.83mg (54.59%), Vitamin B5: 4.94mg (49.37%), Magnesium: 180.98mg (45.25%), Folate: 179.63µg (44.91%), Potassium: 1364.23mg (38.98%), Vitamin K: 35.81µg (34.1%), Fiber: 7.1g (28.38%), Calcium: 268.04mg (26.8%), Vitamin D: 3.23µg (21.5%), Vitamin A: 458.4IU (9.17%), Vitamin C: 4.85mg (5.88%), Vitamin E: 0.77mg (5.12%)