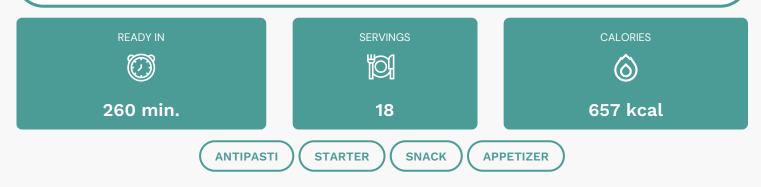


The Attention-Hungry Turkey of Moistness



Ingredients

18 pound turkey whole
8 cups pepperidge farm sage and onion stuffing stuffing prepared
18 servings salt and pepper to taste
0.5 cup butter softened

Equipment

oven
roasting pan
aluminum foi

Directions Preheat the oven to 325 degrees F (165 degrees C). Set oven rack to the lowest position so the turkey will fit. Rinse the turkey and pat dry. Place in a large roasting pan and loosely fill the cavity with stuffing. Rub butter all over the outside, and season with salt and pepper. Use a large sheet of aluminum foil to make a tent over the bird. Place in the preheated oven, and here's where it gets interesting. Baste every 5 to 10 minutes – everywhere! Whenever you're not doing something, baste! If you are too busy to baste, take turns with someone else. After 2 hours, remove the foil tent. Keep roasting until the internal temperature reaches 180 degrees F (82 degrees C) when taken in the thickest part of the



PROTEIN 44.96% 📗 FAT 43.09% 📒 CARBS 11.95%

Properties

Glycemic Index: 2.78, Glycemic Load: O, Inflammation Score: -7, Nutrition Score: 31.186086758323%

Nutrients (% of daily need)

thigh. It should take about 4 hours total.

Calories: 656.64kcal (32.83%), Fat: 30.92g (47.57%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 16.71g (6.08%), Sugar: 2.07g (2.3%), Cholesterol: 245.43mg (81.81%), Sodium: 1020.81mg (44.38%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 72.59g (145.18%), Selenium: 112.93µg (161.32%), Vitamin B3: 25.89mg (129.45%), Vitamin B6: 1.96mg (98.24%), Vitamin B12: 3.95µg (65.81%), Phosphorus: 628.2mg (62.82%), Vitamin B2: 0.69mg (40.77%), Zinc: 5.99mg (39.92%), Vitamin B5: 2.69mg (26.91%), Magnesium: 91.31mg (22.83%), Potassium: 788.72mg (22.53%), Iron: 3.74mg (20.79%), Vitamin B1: 0.28mg (18.39%), Copper: 0.31mg (15.61%), Folate: 57.4µg (14.35%), Vitamin A: 616.15IU (12.32%), Vitamin K: 12.62µg (12.02%), Vitamin E: 1.68mg (11.2%), Fiber: 2.58g (10.31%), Manganese: 0.19mg (9.47%), Calcium: 65.5mg (6.55%), Vitamin D: 0.97µg (6.44%)