



The Best Ugly Turkey



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



12

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cored cubed peeled
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 tablespoons salt
- ☐ 12 pound turkey whole

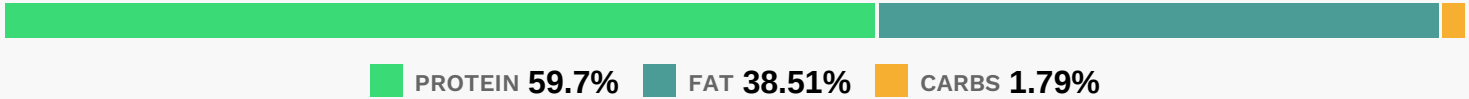
Equipment

- ☐ paper towels
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C) Rinse the turkey inside and out and pat dry with paper towels. Rub olive oil and salt all over the bird.
- ☐ Place the apple pieces inside of the cavity.
- ☐ Place the turkey breast side down in a large roasting pan.
- ☐ Roast for 3 hours in the preheated oven.
- ☐ Remove from the oven and carefully turn the bird so the breast side is facing up. Return to the oven and cook until the internal temperature of the thickest part of the thigh has reached 180 degrees F (82 degrees C). Allow the turkey to rest for about 30 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:27.338260629903%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 477.89kcal (23.89%), Fat: 19.99g (30.75%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.77g (1.97%), Cholesterol: 231.88mg (77.29%), Sodium: 1523.62mg (66.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.73g (139.46%), Vitamin B3: 24.59mg (122.95%), Selenium: 68.6µg (98%), Vitamin B6: 1.94mg (96.77%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 591.02mg (59.1%), Zinc: 5.74mg (38.28%), Vitamin B2: 0.6mg (35.28%), Vitamin B5: 2.62mg (26.21%), Potassium: 737.88mg (21.08%), Magnesium: 81.3mg (20.33%), Iron: 2.81mg (15.6%), Copper: 0.25mg (12.65%), Vitamin B1: 0.16mg (10.48%), Vitamin D: 0.97µg (6.44%), Folate: 23µg (5.75%), Vitamin E: 0.58mg (3.84%), Vitamin A: 188.54IU (3.77%), Calcium: 37.07mg (3.71%), Manganese: 0.05mg (2.35%), Fiber: 0.36g (1.46%), Vitamin K: 1.42µg (1.35%)