



The Greatest Grilled Turkey

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

225 min.

SERVINGS

servings

18

CALORIES

calories

310 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 18 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 12 pounds turkey whole

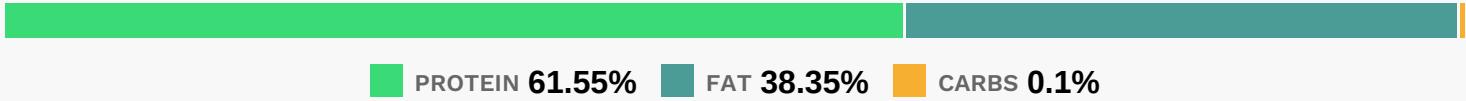
Equipment

- ☐ roasting pan
- ☐ grill

Directions

- ☐ Prepare an outdoor grill for indirect medium-high heat.
- ☐ Rinse turkey and pat dry. Turn wings back to hold neck skin in place. Return legs to tucked position.
- ☐ Brush turkey with oil. Season inside and out with Italian seasonings, salt, and pepper.
- ☐ Place turkey, breast side up, on a metal grate inside a large roasting pan. Arrange pan on the prepared grill. Grill 2 to 3 hours, to an internal thigh temperature of 180 degrees F (85 degrees C).
- ☐ Remove turkey from grill and let stand 15 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:0.28, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:18.808695676534%

Nutrients (% of daily need)

Calories: 309.7kcal (15.49%), Fat: 12.87g (19.8%), Saturated Fat: 3.25g (20.34%), Carbohydrates: 0.08g (0.03%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0.13g (0.15%), Cholesterol: 154.58mg (51.53%), Sodium: 434.28mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.47g (92.94%), Vitamin B3: 16.39mg (81.94%), Selenium: 45.74µg (65.34%), Vitamin B6: 1.29mg (64.36%), Vitamin B12: 2.62µg (43.66%), Phosphorus: 393.07mg (39.31%), Zinc: 3.83mg (25.5%), Vitamin B2: 0.4mg (23.4%), Vitamin B5: 1.74mg (17.42%), Potassium: 482.37mg (13.78%), Magnesium: 53.98mg (13.5%), Iron: 1.89mg (10.5%), Copper: 0.17mg (8.31%), Vitamin B1: 0.1mg (6.88%), Vitamin D: 0.64µg (4.29%), Folate: 15.29µg (3.82%), Calcium: 25.51mg (2.55%), Vitamin A: 122.12IU (2.44%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.28mg (1.84%), Manganese: 0.03mg (1.59%)