



Thyme-Roasted Turkey with Cider Gravy

READY IN



240 min.

SERVINGS



8

CALORIES



1018 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples firm chopped
- ☐ 1 apples firm quartered (such as Rome, Gala or McIntosh)
- ☐ 2 cups apple cider
- ☐ 2 bay leaves
- ☐ 1 carrots chopped
- ☐ 1 rib celery stalks chopped
- ☐ 1 cinnamon sticks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 sprig thyme sprigs fresh

- ☐ 1 optional: lemon quartered
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 onion chopped
- ☐ 1 onion quartered
- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 14 lb turkey
- ☐ 8 servings reserved turkey neck and giblets (do not use liver)
- ☐ 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

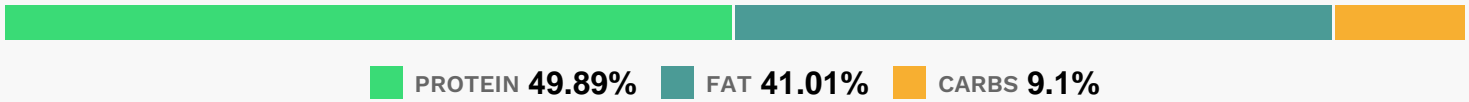
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ kitchen twine

Directions

- ☐ Make turkey: Preheat oven to 375F. In a bowl, mix 3 Tbsp. chopped thyme with 6 Tbsp. butter, 1 tsp. salt and 1/2 tsp. pepper. Set aside.
- ☐ Starting at neck end of turkey, gently slide your fingers between skin and breast to loosen skin. Smear seasoned butter under skin, all over breast meat. Season cavity with salt and

- pepper, then stuff in onion, apple, lemon and thyme sprigs. Tie legs loosely together with kitchen twine and tuck wings under.
- ☐ Using your fingers, smear remaining 2 Tbsp. butter over skin. Season with salt and pepper.
 - ☐ Place turkey on rack in large roasting pan.
 - ☐ Pour 1 cup chicken broth into pan. Roast turkey 30 minutes. Reduce oven temperature to 350F. Rotate pan and roast another 30 minutes.
 - ☐ Pour 1 cup broth over turkey, rotate again and roast another 30 minutes. Repeat 2 more times, covering breast loosely with foil if it browns too quickly. Roast turkey until a meat thermometer stuck into thickest part of thigh reads 175F, 3 to 3 1/2 hours total.
 - ☐ Remove turkey to a platter, tent loosely with foil and let rest for 30 minutes. Strain pan juices through a sieve, skimming off and reserving 4 Tbsp. fat. Set aside rest of pan juices and discard remaining fat.
 - ☐ Make gravy: In a large saucepan over medium-high heat, warm oil.
 - ☐ Add neck bone, giblets, onion, celery, carrot, thyme sprig, bay leaves, cinnamon stick and apple and cook, stirring, for about 10 minutes, until neck bone is lightly browned and vegetables are softened.
 - ☐ Add apple cider and chicken broth, stir to release any browned bits on bottom of pan, bring to a boil, reduce heat to low and simmer for 45 minutes. Strain liquid through a sieve, discarding solids.
 - ☐ Place roasting pan on stove over 2 burners on medium heat and return reserved 4 Tbsp. fat to pan.
 - ☐ Add flour and whisk together until well blended. Cook 2 minutes, whisking constantly.
 - ☐ Add cider mixture and pan juices and whisk until mixture comes to a boil, then reduce heat and simmer until thickened, stirring often, about 15 minutes.
 - ☐ Serve with turkey.

Nutrition Facts



Properties

Glycemic Index:54.14, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:43.295651974885%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg, Epicatechin: 6.2mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

Nutrients (% of daily need)

Calories: 1017.65kcal (50.88%), Fat: 45.99g (70.76%), Saturated Fat: 15.96g (99.75%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 19.96g (7.26%), Sugar: 12.79g (14.22%), Cholesterol: 437.03mg (145.68%), Sodium: 874.24mg (38.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 125.88g (251.76%), Vitamin B3: 45.17mg (225.86%), Vitamin B6: 3.49mg (174.39%), Selenium: 122.07µg (174.38%), Vitamin B12: 7.04µg (117.25%), Phosphorus: 1101.14mg (110.11%), Zinc: 10.39mg (69.24%), Vitamin B2: 1.15mg (67.88%), Vitamin B5: 4.76mg (47.61%), Potassium: 1583.39mg (45.24%), Vitamin A: 2102.46IU (42.05%), Magnesium: 158.05mg (39.51%), Iron: 6.11mg (33.97%), Copper: 0.56mg (27.95%), Vitamin B1: 0.35mg (23.14%), Vitamin C: 16.7mg (20.24%), Manganese: 0.33mg (16.59%), Folate: 57.95µg (14.49%), Vitamin D: 1.9µg (12.69%), Fiber: 3g (12%), Calcium: 106.62mg (10.66%), Vitamin E: 1.26mg (8.41%), Vitamin K: 4.34µg (4.13%)