



Thyme-Roasted Turkey with Cranberry Gravy

READY IN



220 min.

SERVINGS



14

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cranberries fresh
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh minced
- ☐ 2 tablespoons thyme leaves fresh minced
- ☐ 6 sprigs thyme leaves fresh
- ☐ 1 optional: lemon halved
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 medium onions
- ☐ 14 servings salt and pepper

- ☐ 0.7 cup sugar
- ☐ 14 lb turkey
- ☐ 2 tablespoons butter unsalted softened
- ☐ 12 tablespoons butter unsalted at room temperature ()

Equipment

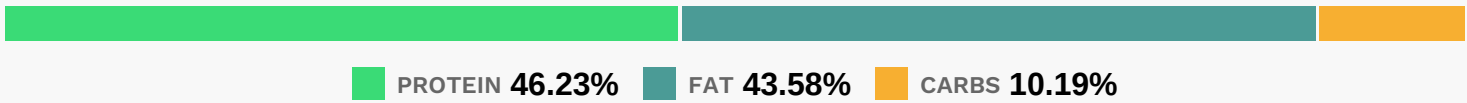
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ slotted spoon
- ☐ kitchen twine

Directions

- ☐ Make turkey: In a small bowl, combine butter, thyme, parsley, 3/4 tsp. salt and 1/2 tsp. pepper.
- ☐ Remove neck and giblets from turkey; discard. Rinse turkey inside and out with cool water and pat dry. Season cavity with salt and pepper. Halve 1 onion and place in cavity along with lemon halves and thyme sprigs. Starting at neck end, carefully slide your fingers between skin and breast meat to loosen skin. Reserve 1 Tbsp. of butter mixture.
- ☐ Spread half of remaining butter mixture over breast meat under skin. Tuck wings under; tie legs together loosely with kitchen twine.
- ☐ Preheat oven to 350F. Slice remaining onion and sprinkle over bottom of large roasting pan.
- ☐ Place rack on top.
- ☐ Place turkey on rack, breast side up, and spread second half of butter mixture all over. Cover turkey with foil.

- ☐ Pour broth into bottom of roasting pan. Roast turkey for 30 minutes. Carefully remove foil and baste bird all over. Replace foil and continue roasting for 1 1/2 hours, basting every 30 minutes.
- ☐ Remove foil from turkey and continue roasting, basting every 20 minutes, until turkey is golden brown and thermometer inserted into thickest part of thigh registers 180F, about 1 hour and 15 minutes longer. During final basting, brush remaining 1 Tbsp. butter mixture over breast.
- ☐ Remove turkey to a platter, tent loosely with foil and let rest 20 minutes.
- ☐ Make gravy: In a saucepan over low heat, cook cranberries and sugar, stirring, until sugar has dissolved and berries have burst, about 10 minutes.
- ☐ Transfer to a blender and puree until smooth.
- ☐ Remove onions from roasting pan with a slotted spoon and pour juices into a bowl. Skim off fatty liquid from top, reserving 3 Tbsp.
- ☐ Add enough broth to pan juices to make 5 cups liquid. Return reserved fatty liquid to roasting pan, add butter and allow to melt.
- ☐ Sprinkle flour on top and cook on stove over 2 burners set to medium heat, whisking, for 2 or 3 minutes.
- ☐ Pour in broth and cranberry mixtures and bring to a boil, whisking constantly. Reduce heat; simmer for 15 minutes. Strain into saucepan and season with salt and pepper.
- ☐ Carve turkey and place on a platter. Pass gravy on the side.

Nutrition Facts



Properties

Glycemic Index:26.04, Glycemic Load:8.6, Inflammation Score:-9, Nutrition Score:30.432608832484%

Flavonoids

Cyanidin: 6.63mg, Cyanidin: 6.63mg, Cyanidin: 6.63mg, Cyanidin: 6.63mg Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.02mg, Peonidin: 7.02mg, Peonidin: 7.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-

gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg, Eriodictyol: 1.65mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg, Apigenin: 1.27mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 624.52kcal (31.23%), Fat: 30.06g (46.24%), Saturated Fat: 12.04g (75.24%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.56g (5.29%), Sugar: 11.27g (12.52%), Cholesterol: 261.98mg (87.33%), Sodium: 577.9mg (25.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.75g (143.49%), Vitamin B3: 25.67mg (128.37%), Selenium: 69.46µg (99.23%), Vitamin B6: 1.98mg (98.78%), Vitamin B12: 4.02µg (67%), Phosphorus: 623.89mg (62.39%), Zinc: 5.9mg (39.34%), Vitamin B2: 0.65mg (38.03%), Vitamin B5: 2.72mg (27.19%), Potassium: 841.57mg (24.04%), Magnesium: 87.44mg (21.86%), Iron: 3.39mg (18.84%), Copper: 0.31mg (15.68%), Vitamin A: 656.8IU (13.14%), Vitamin C: 10.3mg (12.48%), Vitamin B1: 0.18mg (12.07%), Vitamin K: 11.13µg (10.6%), Folate: 31.39µg (7.85%), Vitamin D: 1.18µg (7.84%), Manganese: 0.15mg (7.53%), Calcium: 55.28mg (5.53%), Vitamin E: 0.82mg (5.49%), Fiber: 1.26g (5.04%)