



HEALTH SCORE

54%

## Tom Colicchio's Herb-Butter Turkey

READY IN



45 min.

SERVINGS



8

CALORIES



1208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup flour
- 1 cup butter divided room temperature (2 sticks)
- 1 cup carrots diced peeled
- 1 cup celery diced
- 4 cups chicken broth divided
- 2 cups onion diced
- 2 teaspoons rosemary fresh minced
- 2 teaspoons sage fresh minced
- 2 teaspoons tarragon fresh minced

- 2 teaspoons thyme sprigs fresh minced
- 14 pound turkey
- 2 pounds turkey wings

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup

## Directions

- Melt butter in heavy large deep skillet over high heat.
- Add turkey necks and/or wings and sauté until deep brown, about 15 minutes.
- Add onions, carrots, and celery and sauté until vegetables are deep brown, about 15 minutes.
- Add 6 cups chicken broth and bring to boil. Reduce heat to medium-low and simmer uncovered 45 minutes, stirring occasionally.
- Pour gravy base through strainer set over 4-cup measuring cup, pressing on solids to extract liquid. If necessary, add enough chicken broth to gravy base to measure 4 cups. (Gravy base can be prepared 2 days ahead. Cool slightly. Refrigerate uncovered until cold, then cover and keep chilled. Rewarm before using.)
- Mix 1/2 cup butter and all minced herbs in small bowl; season herb butter with salt and pepper.
- Transfer 2 generous tablespoons to another small bowl and reserve for gravy; let stand at room temperature.

- Set rack at lowest position in oven and preheat to 425°F. Rinse turkey inside and out; pat dry. Starting at neck end, slide hand between skin and breast meat to loosen skin. Rub 4 tablespoons herb butter over breast meat under skin.
- Place turkey on rack set in large roasting pan.
- Sprinkle main cavity generously with salt and pepper.
- Place 4 tablespoons plain butter and all fresh herb sprigs in main cavity. Tuck wing tips under. Tie legs together loosely. Rub remaining herb butter over outside of turkey.
- Sprinkle turkey generously with salt and pepper.
- Place turkey in oven and roast 20 minutes. Reduce oven temperature to 350°F. Roast turkey 30 minutes; pour 1 cup broth over and add 1 tablespoon plain butter to roasting pan. Roast turkey 30 minutes; baste with pan juices, then pour 1 cup broth over and add 1 tablespoon butter to pan. Cover turkey loosely with foil. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, basting with pan juices and adding 1 cup broth and 1 tablespoon butter to pan every 45 minutes, about 1 hour 45 minutes longer.
- Transfer turkey to platter; let stand 30 minutes (internal temperature will rise 5 to 10 degrees).
- Strain pan juices into bowl; whisk in gravy base. Melt reserved 2 tablespoons herb butter in heavy large saucepan over medium heat; add flour and whisk constantly until roux is golden brown, about 6 minutes. Gradually add pan juice–gravy base mixture; increase heat and whisk constantly until gravy thickens, boils, and is smooth. Reduce heat to medium; boil gently until gravy is reduced to 4 1/2 cups, whisking often, about 10 minutes. Season gravy with salt and pepper.

## Nutrition Facts

**PROTEIN 47.35%** **FAT 49.12%** **CARBS 3.53%**

### Properties

Glycemic Index:51.98, Glycemic Load:3.73, Inflammation Score:-10, Nutrition Score:48.481304521146%

### Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

## Nutrients (% of daily need)

Calories: 1208kcal (60.4%), Fat: 65.08g (100.12%), Saturated Fat: 25.58g (159.89%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.94g (3.25%), Sugar: 3.14g (3.49%), Cholesterol: 519.97mg (173.32%), Sodium: 914.07mg (39.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.17g (282.34%), Vitamin B3: 48.53mg (242.63%), Selenium: 138.96µg (198.52%), Vitamin B6: 3.8mg (189.77%), Phosphorus: 1225.68mg (122.57%), Vitamin B12: 7.34µg (122.31%), Copper: 2.11mg (105.37%), Zinc: 11.53mg (76.9%), Vitamin A: 3809.04IU (76.18%), Vitamin B2: 1.23mg (72.21%), Vitamin B5: 5.17mg (51.66%), Potassium: 1720.19mg (49.15%), Magnesium: 170.21mg (42.55%), Iron: 6.71mg (37.27%), Vitamin B1: 0.38mg (25.02%), Folate: 69.63µg (17.41%), Manganese: 0.29mg (14.67%), Calcium: 115.6mg (11.56%), Vitamin D: 1.69µg (11.27%), Vitamin E: 1.32mg (8.77%), Vitamin K: 7.97µg (7.59%), Vitamin C: 5.36mg (6.5%), Fiber: 1.59g (6.36%)