

 **69%**
HEALTH SCORE

Traditional Roast Turkey

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



195 min.

SERVINGS



12

CALORIES



1992 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons allspice
- 1 tablespoon peppercorns whole black
- 1.5 tablespoons candied ginger chopped
- 12 servings canola oil for roasting
- 12 servings ice cubes
- 1 cup kosher salt
- 0.5 cup t brown sugar dark light packed
- 14 pound spices: paprika powder 1 frozen

- 1 gallon vegetable stock homemade canned
- 1 gallon water

Equipment

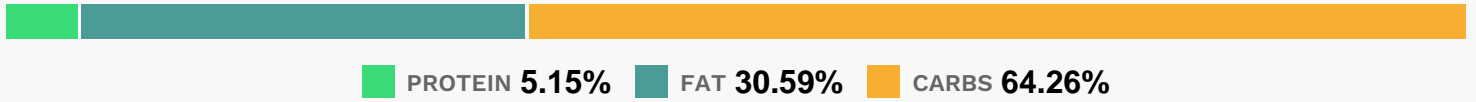
- frying pan
- paper towels
- oven
- pot
- kitchen thermometer
- aluminum foil
- kitchen twine

Directions

- Watch how to make this recipe.
- Two to three days before roasting: Begin thawing the turkey in the refrigerator or in a cooler kept at 38 degrees F.
- Combine the broth, salt, sugar, peppercorns, allspice and ginger in a large stockpot and bring to a boil over medium-high heat. Stir until the salt and sugar dissolve.
- Remove from the heat. Cool to room temperature and refrigerate the brine.
- The night before you'd like to eat: Truss the legs of the turkey with kitchen twine if desired.
- Combine the brine, water and ice in a 5-gallon bucket.
- Place the thawed turkey, with innards removed, breast-side down in the brine. If necessary, weigh down the bird to ensure it is fully immersed, cover and refrigerate or place everything in a cooler. Turn the bird once halfway through brining.
- Heat the oven to 500 degrees F.
- Remove the bird from the brine and rinse inside and out with cold water. Discard the brine.
- Place the bird on a roasting rack inside a half sheet pan and pat dry with paper towels. Rub the bird with canola oil. Roast the bird on the lowest rack of the oven for 30 minutes.
- While the bird is cooking, fold and shape a double thickness of aluminum foil into a closely fitting breastplate.

- After 30 minutes, decrease the oven temperature to 350 degrees F, insert a probe thermometer into the thickest part of the breast and cook until the temperature reaches 155 degrees F. Use the breastplate at any point during cooking should the bird become too brown.
- Rest the bird, covered lightly with aluminum foil, for 15 to 30 minutes. Carve and serve.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:66.253478516055%

Nutrients (% of daily need)

Calories: 1991.93kcal (99.6%), Fat: 80.76g (124.24%), Saturated Fat: 35.61g (222.59%), Carbohydrates: 381.62g (127.21%), Net Carbohydrates: 302.95g (110.16%), Sugar: 53.59g (59.54%), Cholesterol: 0mg (0%), Sodium: 10990.07mg (477.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.23%), Manganese: 84mg (4199.98%), Iron: 104.57mg (580.96%), Calcium: 3641.44mg (364.14%), Fiber: 78.66g (314.66%), Magnesium: 726.74mg (181.68%), Vitamin K: 161.64µg (153.94%), Vitamin C: 124.07mg (150.39%), Copper: 2.65mg (132.34%), Vitamin B6: 2.12mg (106.21%), Potassium: 3540.18mg (101.15%), Vitamin E: 12.67mg (84.48%), Zinc: 12.62mg (84.15%), Selenium: 49.41µg (70.58%), Phosphorus: 626.83mg (62.68%), Vitamin B3: 11.91mg (59.53%), Vitamin B1: 0.69mg (46.32%), Vitamin B2: 0.73mg (42.76%), Vitamin A: 2060.98IU (41.22%), Folate: 127.46µg (31.87%)