



Triple Citrus Buttered Turkey

 Gluten Free

READY IN



345 min.

SERVINGS



8

CALORIES



810 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 2 leeks green
- ☐ 1 optional: lemon
- ☐ 1 lime
- ☐ 1 cranberry-orange relish
- ☐ 12 pound turkey frozen thawed
- ☐ 1 stick butter unsalted softened

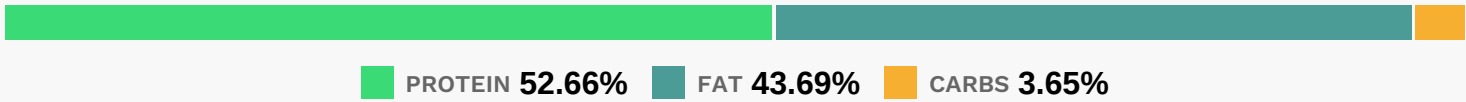
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Let the turkey sit at room temperature, covered, for 30 minutes to come to temperature before preparing.
- ☐ Zest and juice the lemon, lime and orange. Reserve the juice for another use and set the rinds aside.
- ☐ Mix the butter with the citrus zest and salt and pepper to taste. Rub the seasoned butter all over the turkey, inside and out, as well as under the skin.
- ☐ Put the citrus rinds and leeks into the cavity. Tie up the legs and put the turkey, breast-side up, onto the rack in a roasting pan.
- ☐ Pour 2 cups water into the pan and roast, basting with the pan juices every 15 to 20 minutes. Cook until the internal temperature taken from the thickest part of the thigh is 170 degrees F, 15 to 20 minutes per pound.
- ☐ Remove the turkey from the oven and let it rest for 20 minutes before carving. Reserve about 1 1/2 cups turkey and 1/2 cup of the pan drippings for another use if desired, such as the Round 2 Recipe Thanksgiving Pie.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.98, Inflammation Score:-8, Nutrition Score:38.497825767683%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg, Hesperetin: 11.83mg Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

0.14mg, Myricetin: 0.14mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 810.36kcal (40.52%), Fat: 38.85g (59.77%), Saturated Fat: 14.33g (89.58%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 5.87g (2.13%), Sugar: 3.18g (3.53%), Cholesterol: 378.18mg (126.06%), Sodium: 547.51mg (23.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 105.36g (210.73%), Vitamin B3: 37.04mg (185.18%), Vitamin B6: 2.97mg (148.52%), Selenium: 103.43µg (147.76%), Vitamin B12: 5.92µg (98.63%), Phosphorus: 901.32mg (90.13%), Zinc: 8.67mg (57.79%), Vitamin B2: 0.92mg (53.9%), Vitamin B5: 4.05mg (40.51%), Potassium: 1183.67mg (33.82%), Magnesium: 130.67mg (32.67%), Iron: 4.78mg (26.57%), Vitamin C: 20.97mg (25.42%), Copper: 0.42mg (21%), Vitamin A: 1038.96IU (20.78%), Vitamin B1: 0.27mg (17.88%), Folate: 55.56µg (13.89%), Vitamin K: 11.66µg (11.1%), Vitamin D: 1.66µg (11.07%), Manganese: 0.19mg (9.36%), Calcium: 82.92mg (8.29%), Vitamin E: 1.04mg (6.91%), Fiber: 1.43g (5.73%)