

Turkey Mercedes



Gluten Free



Dairy Free

READY IN



820 min.

SERVINGS



18

CALORIES



459 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 1 cup cooking wine dry white
- ☐ 3 heads garlic peeled
- ☐ 1 tablespoon ground cumin
- ☐ 2 cups juice of lemon fresh
- ☐ 12 fluid ounce orange juice concentrate frozen thawed canned
- ☐ 1 tablespoon oregano dried
- ☐ 2 tablespoons salt to taste (or)

☐ 16 pound turkey

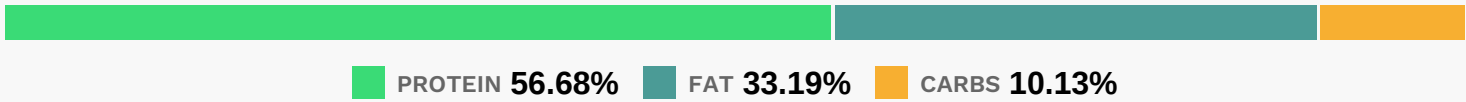
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Crush the peeled garlic cloves, and place into a large bowl. Season with pepper, cumin, oregano, and salt.
- ☐ Pour in lemon juice, wine, and orange juice concentrate; whisk together until well mixed.
- ☐ Using a sharp paring knife, pierce the turkey breast, thighs, and legs; creating holes for the marinade to penetrate.
- ☐ Pour the marinade over turkey, and into the holes. Finally, stuff garlic pieces into the holes. Cover the turkey well, and refrigerate overnight to marinate.
- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Roast turkey in the preheated oven until the internal temperature of the thickest part of the thigh measures 180 degrees F (80 degrees C), about 5 hours. Baste the turkey every 30 to 45 minutes. Once the breast has browned, cover loosely with aluminum foil to prevent it from becoming burnt.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:0.54, Inflammation Score:-7, Nutrition Score:29.213043347649%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.98mg, Hesperetin: 3.98mg, Hesperetin: 3.98mg, Hesperetin: 3.98mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 459.49kcal (22.97%), Fat: 16.38g (25.2%), Saturated Fat: 4.22g (26.39%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.64g (3.87%), Sugar: 6.91g (7.67%), Cholesterol: 206.11mg (68.7%), Sodium: 1099.59mg (47.81%), Alcohol: 1.37g (100%), Alcohol %: 0.49% (100%), Protein: 62.94g (125.88%), Vitamin B3: 22.16mg (110.82%), Vitamin B6: 1.85mg (92.42%), Selenium: 61.81µg (88.29%), Vitamin B12: 3.49µg (58.21%), Phosphorus: 550.2mg (55.02%), Vitamin C: 40.56mg (49.17%), Zinc: 5.24mg (34.93%), Vitamin B2: 0.58mg (34.03%), Vitamin B5: 2.51mg (25.09%), Potassium: 835.39mg (23.87%), Magnesium: 85.15mg (21.29%), Iron: 3.03mg (16.81%), Vitamin B1: 0.21mg (14.07%), Copper: 0.26mg (13.03%), Manganese: 0.21mg (10.51%), Folate: 41.66µg (10.42%), Calcium: 59.75mg (5.97%), Vitamin D: 0.86µg (5.73%), Vitamin A: 247.85IU (4.96%), Vitamin E: 0.49mg (3.24%), Fiber: 0.61g (2.46%), Vitamin K: 2.5µg (2.38%)