

## Turkey on the Grill

 **Gluten Free**  **Dairy Free**

READY IN



**765 min.**

SERVINGS



**12**

CALORIES



**522 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth (from 32-oz carton)
- 0.3 cup vegetable oil
- 2 tablespoons juice of lemon
- 0.3 cup basil fresh chopped
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 2 cloves garlic finely chopped

- 12 lb turkey whole frozen thawed
- 1 goat meat
- 2 tablespoons cajun spice

## Equipment

- frying pan
- oven
- blender
- grill
- kitchen thermometer
- skewers

## Directions

- In blender, place all marinade ingredients. Cover and blend until smooth. If turkey has plastic leg holder, remove and discard before grilling. Inject marinade into turkey, following the directions that came with the injector. (Or pour marinade over turkey on large tray with 1-inch sides or in large glass dish.)
- Sprinkle Cajun seasoning inside cavity and over outside of turkey. Fasten neck skin to back of turkey with skewer. Fold wings across back of turkey so tips are touching. Tuck legs under band of skin at tail.
- Place turkey on large tray with 1-inch sides or in large glass dish. Cover and refrigerate 8 hours but no longer than 24 hours.
- If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- Heat coals or gas grill for indirect heat.
- Insert digital oven-cord thermometer in turkey so tip is in thickest part of inside thigh muscle and does not touch bone.
- Place turkey, breast side up, over drip pan or over unheated side of gas grill. Cover and grill over medium heat 3 to 4 hours or until thermometer reads 1865°F and drumsticks move easily when lifted or twisted.
- Let stand 15 minutes before carving.

# Nutrition Facts

PROTEIN 57.91% FAT 41.17% CARBS 0.92%

## Properties

Glycemic Index:14.92, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:30.820434922757%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 522.14kcal (26.11%), Fat: 23.41g (36.01%), Saturated Fat: 5.54g (34.6%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.48g (0.53%), Cholesterol: 244.32mg (81.44%), Sodium: 553.72mg (24.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.08g (148.16%), Vitamin B3: 26.73mg (133.64%), Selenium: 74.85µg (106.93%), Vitamin B6: 2.1mg (105.22%), Vitamin B12: 3.97µg (66.18%), Phosphorus: 635.39mg (63.54%), Zinc: 5.93mg (39.54%), Vitamin B2: 0.64mg (37.83%), Vitamin K: 31.98µg (30.46%), Vitamin B5: 2.92mg (29.24%), Potassium: 834.76mg (23.85%), Magnesium: 88.98mg (22.24%), Vitamin A: 893.12IU (17.86%), Iron: 3.21mg (17.83%), Copper: 0.27mg (13.53%), Vitamin B1: 0.18mg (11.83%), Vitamin E: 1.06mg (7.08%), Folate: 26.63µg (6.66%), Vitamin D: 0.99µg (6.57%), Manganese: 0.09mg (4.55%), Calcium: 43.73mg (4.37%), Vitamin C: 3.11mg (3.77%), Fiber: 0.49g (1.94%)