



Turkey with Herbes de Provence and Citrus

READY IN



255 min.

SERVINGS



10

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 0.3 cup flour all-purpose
- 2 tablespoons herbs de provence
- 1 optional: lemon cut into wedges
- 6 cups low-salt chicken broth canned (approximate amount)
- 1 tablespoon olive oil
- 1 onion cut into wedges
- 1 cranberry-orange relish cut into wedges
- 6 oregano sprigs fresh

- 6 rosemary sprigs fresh
- 6 sage sprigs fresh
- 1.5 teaspoons salt
- 14 pound turkey
- 7 tablespoons butter unsalted

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- whisk
- sieve
- roasting pan
- kitchen thermometer
- aluminum foil
- skewers
- measuring cup

Directions

- Watch how to make this recipe.
- To make the turkey: Position the rack in the lowest third of the oven and preheat to 400 degrees F.
- Rinse the turkey and pat it dry with paper towels.
- Place the turkey on a rack set inside a large roasting pan.
- Place the orange and lemon wedges, onion, and 2 sprigs of each fresh herb in the main turkey cavity. Tie the legs together to hold the shape of the turkey. Stir 2 tablespoons of butter, the herbes de Provence, oil, and 1 1/2 teaspoons of each the salt and pepper in a small saucepan over medium heat just until the butter melts. Rub the butter mixture all over the turkey and between the turkey breast meat and skin.

- Place the turkey neck and giblets in roasting pan. (Recipe can be prepared up to this point 1 day ahead. Cover and refrigerate.)
- Let stand at room temperature 30 minutes before roasting.)
- Cover the turkey breast with foil. Roast for 20 minutes.
- Pour 3 cups of broth into the pan and stir to scrape up any brown bits on the bottom of the pan.
- Add the remaining sprigs of fresh herbs to the pan. Roast the turkey for 40 minutes. Reduce the oven temperature to 350 degrees F.
- Remove the foil from the turkey; pour 1 more cup of broth into the pan. Continue roasting the turkey until a meat thermometer inserted into the thickest part of the thigh registers 165 degrees F to 175 degrees F or until the juices run clear when the thickest part of the thigh is pierced with a skewer, basting occasionally with pan juices, about 1 hour and 30 minutes longer.
- Transfer the turkey to a platter and tent with foil.
- Let stand 30 minutes while preparing the gravy.
- To make the gravy: Strain the turkey pan juices from the roasting pan through a sieve and into a 4-cup glass measuring cup; discard the solids. Spoon off the fat from atop the pan juices.
- Add enough chicken broth, about 1 to 2 cups, to the pan juices to measure 4 cups total. Melt the remaining butter in a heavy large saucepan over medium-high heat.
- Add the flour and whisk for 1 minute. Gradually whisk in the broth. Simmer until the gravy thickens slightly, whisking often, about 10 minutes. Season with salt and pepper.
- Serve the turkey with the gravy.

Nutrition Facts

PROTEIN 52.88% **FAT 42.06%** **CARBS 5.06%**

Properties

Glycemic Index:20.7, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:38.173912815426%

Flavonoids

Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 6.58mg, Hesperetin: 6.58mg, Hesperetin: 6.58mg, Hesperetin: 6.58mg Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg, Naringenin: 2.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg,

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 775.25kcal (38.76%), Fat: 35.86g (55.17%), Saturated Fat: 12.14g (75.86%), Carbohydrates: 9.71g (3.24%), Net Carbohydrates: 8.08g (2.94%), Sugar: 2.47g (2.75%), Cholesterol: 345.7mg (115.23%), Sodium: 898.93mg (39.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 101.46g (202.91%), Vitamin B3: 36.73mg (183.66%), Selenium: 97.79µg (139.7%), Vitamin B6: 2.76mg (138.01%), Vitamin B12: 5.66µg (94.31%), Phosphorus: 884.55mg (88.46%), Zinc: 8.32mg (55.44%), Vitamin B2: 0.92mg (54.04%), Vitamin B5: 3.77mg (37.67%), Potassium: 1215.47mg (34.73%), Iron: 5.76mg (32.02%), Magnesium: 123.01mg (30.75%), Copper: 0.53mg (26.58%), Vitamin K: 19.52µg (18.59%), Vitamin B1: 0.28mg (18.41%), Vitamin C: 14.05mg (17.03%), Folate: 51.01µg (12.75%), Manganese: 0.24mg (12.19%), Vitamin A: 589.25IU (11.79%), Vitamin D: 1.5µg (10%), Calcium: 97.14mg (9.71%), Vitamin E: 1.05mg (7.01%), Fiber: 1.63g (6.52%)