



Turkey with Leek Nut Stuffing

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



416 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups chicken broth ready-to-serve canned
- ☐ 12 ounce croutons plain
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 4 cups leeks coarsely chopped
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 1 teaspoon salt
- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 10 pound turkey
- ☐ 0.8 cup butter unsalted divided melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Sauté leeks, onion, and thyme in 1/2 cup butter in a large skillet until tender.
- ☐ Transfer leek mixture to a bowl; add hazelnuts and next 6 ingredients. Cover and chill.
- ☐ Remove giblets and neck from turkey. Rinse turkey under cold water; pat dry. Pack about 7 cups leek mixture into cavity of turkey. Tuck legs under flap of skin around tail, or close cavity with skewers, and truss. Tie ends of legs to tail with cord. Lift wing tips up and over back; tuck under turkey.
- ☐ Brush turkey with 2 tablespoons butter, and place, breast side up, on a rack in a roasting pan. Insert meat thermometer in meaty part of thigh. Cover with heavy-duty aluminum foil, and bake at 325 for 2 hours. Uncover and baste with remaining 2 tablespoons butter.
- ☐ Bake 2 hours or until meat thermometer registers 180
- ☐ Spoon remaining leek mixture into a 1-quart casserole coated with cooking spray.
- ☐ Bake at 325 for 25 minutes.
- ☐ Serve with turkey. If desired, garnish with fresh fruit and thyme.

Nutrition Facts



 PROTEIN **40%**  FAT **43.89%**  CARBS **16.11%**

Properties

Glycemic Index:10.5, Glycemic Load:9.3, Inflammation Score:-7, Nutrition Score:21.203043336454%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 416.41kcal (20.82%), Fat: 20.12g (30.95%), Saturated Fat: 7.44g (46.48%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 14.9g (5.42%), Sugar: 1.27g (1.42%), Cholesterol: 141.07mg (47.02%), Sodium: 486.65mg (21.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.5%), Vitamin B3: 13.7mg (68.49%), Selenium: 43.58µg (62.25%), Vitamin B6: 1.07mg (53.25%), Phosphorus: 355.26mg (35.53%), Vitamin B12: 2.12µg (35.26%), Vitamin K: 27.07µg (25.78%), Zinc: 3.49mg (23.27%), Vitamin B2: 0.37mg (21.95%), Manganese: 0.4mg (19.91%), Iron: 2.92mg (16.23%), Magnesium: 59.73mg (14.93%), Vitamin B1: 0.22mg (14.59%), Vitamin B5: 1.46mg (14.57%), Vitamin A: 712.25IU (14.25%), Potassium: 476.13mg (13.6%), Folate: 52.31µg (13.08%), Copper: 0.24mg (11.95%), Fiber: 1.71g (6.84%), Vitamin E: 1.01mg (6.76%), Vitamin C: 4.68mg (5.67%), Calcium: 53.46mg (5.35%), Vitamin D: 0.62µg (4.16%)