



 **54%**
HEALTH SCORE

Turkey with Stuffing

 Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



1293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground for seasoning chicken
- 1 cup celery chopped
- 3 cups challah bread cut into 1/2-inch cubes (from approximately 4 to 5 slices)
- 4 ounces cherries dried unsweetened
- 1 quart chicken broth
- 2 teaspoons parsley dried
- 2 teaspoons rubbed sage dried
- 1 cup bell pepper green chopped

- 1 tablespoon kosher salt for seasoning turkey
- 2 ounces mushrooms dried
- 1 cup onion chopped
- 2 ounces pecans chopped
- 10 pound turkey with giblets removed
- 1 tablespoon vegetable oil for rubbing on turkey
- 2 eggs whole beaten

Equipment

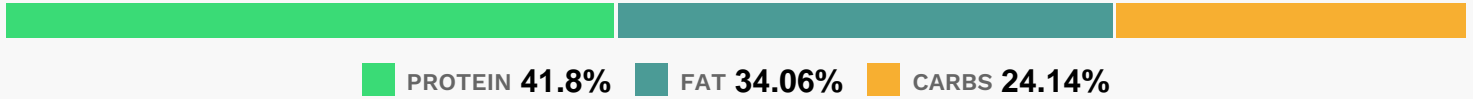
- bowl
- frying pan
- oven
- mixing bowl
- roasting pan
- microwave

Directions

- Watch how to make this recipe.
- Special equipment: 1 re-usable organic cotton produce bag*
- Preheat the oven to 400 degrees F.
- Place the turkey into a deep, high-sided bowl on its end with the stuffing end up. Set aside.
- Heat the chicken broth in the microwave in a large microwave-proof container.
- Place mushrooms in a glass bowl and pour heated broth over them. Cover and allow to sit for 35 minutes.
- In a large mixing bowl toss the onion, celery, and green pepper with the oil and salt.
- Place the vegetables on a sheet pan and roast for 35 minutes. During the last 10 minutes of cooking, spread the cubed bread over the vegetables, return to the oven, and continue cooking.
- Drain mushrooms, reserving 1 cup of liquid. Chop the mushrooms and place in a large

- microwave–proof bowl with the vegetables and bread, reserved chicken stock, cherries, pecans, eggs, sage, parsley and black pepper. Stir well in order to break up pieces of bread. Use your hands to combine, if necessary.
- Heat the stuffing in a microwave on high power for 6 minutes.
- While the stuffing is heating, rub the bird with oil. Working quickly, place the stuffing into the cavity of the turkey to avoid losing heat.
- Place the turkey into a roasting pan, on a rack, and season with salt and pepper.
- Place the roasting pan on the middle rack of the oven. Roast for 45 minutes and then reduce the heat to 350 degrees F and cook for another 60 to 75 minutes or until the bird reaches an internal temperature of 170 degrees F.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:53.411739266437%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg, Delphinidin: 0.69mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Apigenin: 1.98mg, Apigenin: 1.98mg, Apigenin: 1.98mg, Apigenin: 1.98mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 1292.89kcal (64.64%), Fat: 48.31g (74.32%), Saturated Fat: 11.17g (69.84%), Carbohydrates: 77.04g (25.68%), Net Carbohydrates: 70.33g (25.57%), Sugar: 15.46g (17.18%), Cholesterol: 504.51mg (168.17%), Sodium: 2838.37mg (123.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 133.39g (266.79%), Vitamin B3: 47.72mg (238.58%), Selenium: 156.52µg (223.61%), Vitamin B6: 3.45mg (172.36%), Phosphorus: 1194.48mg (119.45%), Vitamin B12: 6.83µg (113.88%), Vitamin B2: 1.74mg (102.59%), Zinc: 11.37mg (75.82%), Manganese: 1.27mg (63.64%), Vitamin

B1: 0.92mg (61.02%), Vitamin B5: 5.25mg (52.5%), Iron: 9.39mg (52.16%), Folate: 186.15µg (46.54%), Potassium: 1585.65mg (45.3%), Magnesium: 179.88mg (44.97%), Copper: 0.82mg (40.95%), Vitamin A: 1480.29IU (29.61%), Vitamin C: 22.82mg (27.66%), Fiber: 6.71g (26.84%), Calcium: 225.23mg (22.52%), Vitamin D: 2.4µg (15.97%), Vitamin K: 13.78µg (13.13%), Vitamin E: 1.48mg (9.84%)