



## Two-Alarm Deep-Fried Turkey



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons kosher salt
- ☐ 1 teaspoon onion powder
- ☐ 12 servings vegetable oil; peanut oil preferred
- ☐ 1 teaspoon pepper dried red crushed
- ☐ 1 tablespoon spicy seasoning blend salt-free
- ☐ 12 lb turkey whole frozen thawed
- ☐ 2 tablespoons vegetable oil

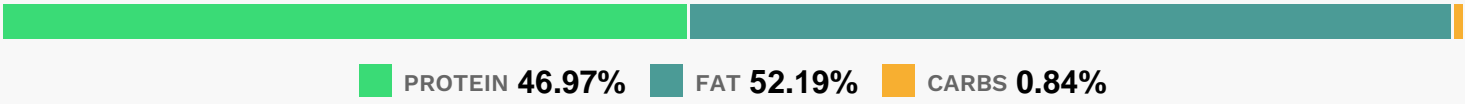
# Equipment

- ☐ kitchen thermometer

# Directions

- ☐ Stir together first 5 ingredients.
- ☐ Remove giblets and neck from turkey, and, if desired, reserve for another use. Rinse turkey with cold water.
- ☐ Drain cavity well; pat dry. Rub turkey evenly with 2 Tbsp. vegetable oil. Loosen and lift skin from turkey breasts with fingers without totally detaching skin; spread one-fourth salt mixture evenly underneath. Carefully replace skin.
- ☐ Sprinkle additional one-fourth salt mixture inside cavity; rub into cavity.
- ☐ Sprinkle remaining salt mixture evenly on skin; rub into skin.
- ☐ Place turkey on fryer rod.
- ☐ Pour peanut oil into a deep propane turkey fryer, pouring 10 to 12 inches below top of fryer.
- ☐ Heat to 300 over a medium-low flame according to manufacturer's instructions. Carefully lower turkey into hot oil with rod attachment.
- ☐ Fry 45 minutes or until a meat thermometer inserted in thickest portion of thigh registers 16
- ☐ (Keep oil temperature between 300 to 325.)
- ☐ Remove turkey from oil; drain and let stand 15 minutes before slicing.

# Nutrition Facts



# Properties

Glycemic Index:0.83, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:29.059130724358%

# Nutrients (% of daily need)

Calories: 603.02kcal (30.15%), Fat: 34.51g (53.09%), Saturated Fat: 7.44g (46.51%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.27g (0.3%), Cholesterol: 231.88mg (77.29%), Sodium: 1526.75mg (66.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.88g (139.77%), Vitamin B3: 24.65mg (123.27%), Selenium: 68.77µg (98.25%), Vitamin B6: 1.95mg (97.54%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 593.25mg

(59.32%), Zinc: 5.79mg (38.61%), Vitamin B2: 0.6mg (35.55%), Vitamin B5: 2.63mg (26.28%), Potassium: 745.03mg (21.29%), Magnesium: 84.5mg (21.12%), Vitamin E: 2.96mg (19.76%), Iron: 3.29mg (18.26%), Copper: 0.26mg (13.03%), Vitamin K: 12.11µg (11.53%), Vitamin B1: 0.16mg (10.6%), Vitamin D: 0.97µg (6.44%), Folate: 25.73µg (6.43%), Calcium: 57.21mg (5.72%), Manganese: 0.11mg (5.53%), Vitamin A: 250.73IU (5.01%), Fiber: 0.63g (2.52%)