



## Two Herb-Roasted Turkey with Bourbon Gravy

 Gluten Free

READY IN



203 min.

SERVINGS



14

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 rib celery coarsely chopped
- 1 leaf garnishes: sage and flat parsley fresh
- 1.5 tablespoons sage or fresh minced
- 1.5 tablespoons thyme leaves or dried fresh
- 3 garlic cloves halved
- 14 servings bourbon gravy
- 1 large onion cut into wedges
- 1 teaspoon pepper

- 2 teaspoons salt
- 12 lb turkey fresh thawed
- 6 tablespoons butter unsalted softened

## Equipment

- bowl
- frying pan
- paper towels
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Remove giblets and neck from turkey; place in refrigerator for use in gravy, if desired. Rinse turkey with cold water; pat dry with paper towels.
- Place turkey, breast side up, on a rack in a lightly greased roasting pan. Lift wing tips up and over back, and tuck under bird.
- Combine butter and next 4 ingredients in a small bowl; rub 2 Tbsp. seasoned butter inside turkey cavity.
- Place onion, celery, and garlic inside turkey cavity. Rub remaining 4 Tbsp. seasoned butter all over outside of turkey, legs and all. Tie ends of legs together with heavy string, or tuck under flap of skin around tail.
- Bake, uncovered, at 325 for 2 1/2 to 3 hours or until a meat thermometer inserted into the meaty part of thigh registers 17
- Shield turkey with aluminum foil towards end of cooking, if necessary, to prevent overbrowning.
- Transfer turkey to a serving platter, reserving pan drippings for Bourbon Gravy.
- Let turkey stand, covered with foil, at least 15 minutes before carving.
- Garnish platter, if desired.

Serve turkey with Bourbon Gravy.

## Nutrition Facts

**PROTEIN 55.66%** **FAT 42.78%** **CARBS 1.56%**

### Properties

Glycemic Index:14.14, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:25.01260865253%

### Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

### Nutrients (% of daily need)

Calories: 439.74kcal (21.99%), Fat: 20.51g (31.56%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.25g (0.46%), Sugar: 0.65g (0.73%), Cholesterol: 211.73mg (70.58%), Sodium: 647.43mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.04g (120.09%), Vitamin B3: 21.11mg (105.57%), Selenium: 59.02µg (84.31%), Vitamin B6: 1.68mg (84.17%), Vitamin B12: 3.38µg (56.3%), Phosphorus: 511.98mg (51.2%), Zinc: 4.97mg (33.15%), Vitamin B2: 0.52mg (30.65%), Vitamin B5: 2.27mg (22.68%), Potassium: 647.59mg (18.5%), Magnesium: 72.78mg (18.2%), Iron: 2.62mg (14.56%), Copper: 0.23mg (11.39%), Vitamin B1: 0.14mg (9.42%), Vitamin A: 360.51IU (7.21%), Vitamin D: 0.92µg (6.12%), Folate: 22.67µg (5.67%), Vitamin K: 5.59µg (5.33%), Manganese: 0.1mg (4.84%), Calcium: 43mg (4.3%), Vitamin C: 2.36mg (2.86%), Vitamin E: 0.41mg (2.72%), Fiber: 0.43g (1.71%)