

# Two Herb-Roasted Turkey with Bourbon Gravy

READY IN

SERVINGS

CALORIES

CALORIES

Address

440 kcal

MAIN COURSE

MAIN DISH

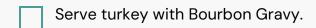
DINNER

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

LUNCH

П	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.	



## **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, Isorhamnetin: 0.07mg, 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

### 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: Og (100%), Alcohol %: O% (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: 360.51lU (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%)