



Upside Down Turkey

 **Gluten Free**  **Low Fod Map**

READY IN



210 min.

SERVINGS



18

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 1 cup water
- 13 pounds turkey whole

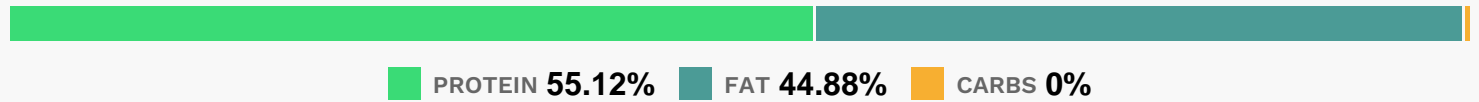
Equipment

- frying pan
- oven
- roasting pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Rinse turkey and remove giblets.
- Place turkey upside (breast) down in a roasting pan. Insert 1/4 cup butter inside the turkey.
- Place remaining butter in several pieces around the turkey.
- Pour water into the pan.
- Cook covered in the preheated oven 3 to 3 1/2 hours until the internal temperature of the thigh has reached 180 degrees F (80 degrees C).

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:20.440869778395%

Nutrients (% of daily need)

Calories: 373.17kcal (18.66%), Fat: 18.23g (28.05%), Saturated Fat: 6.64g (41.5%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0.14g (0.16%), Cholesterol: 181.02mg (60.34%), Sodium: 301.7mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.39g (100.77%), Vitamin B3: 17.75mg (88.76%), Selenium: 49.61µg (70.86%), Vitamin B6: 1.39mg (69.67%), Vitamin B12: 2.85µg (47.47%), Phosphorus: 427.16mg (42.72%), Zinc: 4.15mg (27.65%), Vitamin B2: 0.43mg (25.44%), Vitamin B5: 1.89mg (18.93%), Potassium: 522.52mg (14.93%), Magnesium: 58.41mg (14.6%), Iron: 2mg (11.12%), Copper: 0.18mg (9.06%), Vitamin B1: 0.11mg (7.46%), Vitamin A: 287.83IU (5.76%), Vitamin D: 0.7µg (4.65%), Folate: 16.47µg (4.12%), Calcium: 27.49mg (2.75%), Vitamin E: 0.36mg (2.37%), Manganese: 0.03mg (1.4%)