



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Simple Roast Turkey ♦♦

A classic roast turkey recipe that is perfect for holidays and special occasions. The turkey is seasoned with herbs and roasted to golden perfection. It is juicy and flavorful, making it the centerpiece of any festive meal.

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: 180 mins

Total Time: 210 mins

Recipe Yield: 5000 grams

Number of Servings: 10

Serving Size: 500 g

Ingredients

5000 g	Turkey
2 tsp	salt
1 tsp	black pepper
1 tsp	dried thyme
1 tsp	dried rosemary

1 tsp	garlic powder
1 tsp	onion powder
0.5 c	olive oil
1 c	chicken broth

Directions

Step 1

Preheating

Preheat the oven to 325°F (165°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Remove the giblets and neck from the turkey cavity. Rinse the turkey inside and out, then pat dry with paper towels.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together the salt, black pepper, dried thyme, dried rosemary, garlic powder, and onion powder. Rub the spice mixture all over the turkey, including the cavity.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Drizzling

Place the turkey on a rack in a roasting pan. Drizzle the olive oil over the turkey, then pour the chicken broth into the bottom of the pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Roasting

Roast the turkey in the preheated oven for about 3 hours, or until the internal temperature reaches 165°F (75°C) when measured with a meat thermometer inserted into the thickest part of the thigh.

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Resting

Remove the turkey from the oven and let it rest for 20 minutes before carving.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Serving

Carve the turkey and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	350 mg	10.29%	13.46%
Zinc	15 mg	136.36%	187.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Cuisines

Italian

Chinese

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com