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Carved Roast Turkey ♦♦

Carved Roast Turkey is a traditional dish commonly consumed during holiday feasts, particularly Thanksgiving and Christmas. It is a whole turkey that is seasoned, roasted, and then carved into slices for serving. The dish is often accompanied by various side dishes and gravies.

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	whole turkey
2 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder

1 tsp	paprika
1 tsp	dried thyme
1 tsp	dried rosemary
3 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 325°F (165°C).

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, black pepper, garlic powder, onion powder, paprika, dried thyme, and dried rosemary.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Rinse the turkey and pat it dry with paper towels. Place the turkey on a roasting rack in a roasting pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Rubbing

Rub the olive oil all over the turkey, then sprinkle the spice mixture evenly over the turkey, both inside and out.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Roasting

Roast the turkey in the preheated oven until the internal temperature reaches 165°F (74°C), about 3 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Step 6

Resting

Remove the turkey from the oven and let it rest for 15 minutes before carving.

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Carving

Carve the turkey into slices and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 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	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
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	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas

Thanksgiving

Barbecue

Picnic

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Christmas

Demographics

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Difficulty Level

Medium

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