

Thyme Roasted Turkey

McCormick Spices

Servings: 12

1 teaspoon dried thyme
2 teaspoons garlic powder
2 teaspoons paprika
1 teaspoon ground black pepper
1 teaspoon salt
1 tablespoon oil
1 (14 pound) whole turkey (fresh or frozen), thawed

Preparation Time: 20 minutes

Roast: 3 hours

Place the oven rack in the lowest position.
Preheat the oven to 325 degrees.

Place a roasting rack in a shallow roasting pan.

In a small bowl, mix the thyme, garlic, paprika, pepper and salt.

Place the turkey, breast side up, in the prepared pan. Brush the turkey with oil. Sprinkle the seasoning mixture evenly over the turkey. Cover loosely with heavy-duty foil.

Roast for two hours, adding an extra 15 minutes per pound for larger turkeys. Remove the foil. Roast for one hour longer or until the internal temperature in the thigh reaches 165 degrees, basting occasionally with pan juices.

Remove the turkey from the oven. Let stand for 20 minutes. Transfer to a platter or carving board and slice. Reserve the pan juices to make gravy or to serve with the turkey.

Per Serving (excluding unknown items): 13 Calories; 1g Fat (74.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat.

Turkey

Per Serving Nutritional Analysis

% Calories from Fat:	74.9%
% Calories from Carbohydrates:	20.6%
% Calories from Protein:	4.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	178mg
Potassium (mg):	17mg
Calcium (mg):	5mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	237IU
Vitamin A (r.e.):	23 1/2RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	13	Calories from Fat: 10
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	178mg	7%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		5%
Vitamin C		1%
Calcium		1%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.