



Print



Close

# Roast Herbed Turkey

**Prep Time:** 30 mins

**Cook Time:** 3 h

**Rest Time:** 15 mins

**Total Time:** 3 h 30 mins

## Ingredients

3 tablespoon sage

11 pounds turkey

salt

pepper, black ground

1 tablespoon oil, olive

1 orange(s)

1 tablespoon honey

sage, fresh

## Preparation

1. Rinse turkey; pat dry with paper towels. Season cavity with salt and pepper. Season cavity with 1 tablespoon of the snipped sage, the salt and pepper. If desired, light pack the turkey with stuffing.

2. Preheat oven to 325°F. Pull turkey's neck skin to back; fasten with skewer. Tuck the ends of the drumsticks under the band of skin across the tail. If the band of skin is not present, tie the drumsticks securely to the tail with 100%-cotton string. Twist wing tips under the back.

3. Place turkey, breast side up, on a rack in a shallow roasting pan. Brush turkey with the olive oil. Insert an oven-going meat thermometer in the center of one of the inside thigh muscles. Roast 3 to 3 3/4 hours or until meat thermometer registers 180°F and center of stuffing registers 165°F.



### Quick Info:

**12** Servings



Diabetes-Friendly

### Nutritional Info (Per serving):

Calories: 295, Saturated Fat: 3g, Sodium: 165mg, Dietary Fiber: 0g, Total Fat: 9g, Carbs: 2g, Cholesterol: 172mg, Protein: 48g

**Exchanges:** Lean Meat: 7, Fat: 1

Recipe Source:

**diabetic**  
LIVING

[More Diabetic Recipes](#)



Tested in the  
Better Homes  
and Gardens  
Test Kitchen

4. Halve and juice the 1 orange. In a small bowl, combine the orange juice, honey, and the remaining 2 tablespoons snipped sage. Brush on the hot turkey.

5. Cover turkey with foil and let stand for 15 minutes before carving. If desired, garnish turkey with orange halves and sage leaves.



**Copyright © 2013 Everyday Health Media, LLC**

The material on this web site is provided for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. [See additional information.](#)

Use of this site is subject to our [terms of service](#) and [privacy policy](#).