



## Ale-Brined Roasted-Turkey Sandwich with Red-Pepper Pesto

 Very Healthy

READY IN



160 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon anchovy paste
- 12 ounce beer (preferably IPA or other pale ale)
- 3 tablespoons dijon mustard coarse-grain
- 0.5 cup basil leaves fresh
- 2 cloves garlic
- 6 servings kosher salt and pepper freshly ground
- 6 servings lettuce shredded

- 0.3 cup olive oil extra-virgin
- 0.3 cup parmesan cheese grated
- 0.3 cup pinenuts toasted
- 3 slices provolone cheese
- 3 large bell peppers red
- 0.3 teaspoon pepper flakes red
- 0.8 cup marinated vegetables italian jarred drained (giardiniera)
- 1 pound sourdough bread loaf seeded
- 2.5 pound turkey breast bone-in skinless dry rinsed

## Equipment

- food processor
- bowl
- oven
- plastic wrap
- roasting pan
- grill
- kitchen thermometer
- broiler
- ziploc bags
- tongs
- cutting board

## Directions

- Watch how to make this recipe.
- Combine the beer, mustard and 1 teaspoon each salt and pepper in a 1-gallon resealable plastic bag.
- Add the turkey, seal the bag and place in a large bowl; refrigerate 45 minutes.

- Meanwhile, prepare the pesto: Roast the bell peppers on a grill, directly over the flame of a gas burner or under a preheated broiler, turning with tongs, until blackened. Seal the peppers in a plastic bag and let cool at least 10 minutes. Peel the peppers and discard the stems and seeds (do not rinse).
- Pulse the peppers, basil, garlic, parmesan, pine nuts, red pepper flakes, anchovy paste, 1/2 teaspoon salt and 1 teaspoon pepper in a food processor until combined.
- With the motor running, slowly add the olive oil through the feed tube. Adjust the seasoning if necessary. Refrigerate the pesto if not using immediately.
- Preheat the oven to 375 degrees F.
- Remove the turkey from the brine (do not rinse) and place on a rack in a shallow roasting pan. Roast until a thermometer inserted into the thickest part of the breast registers 165 degrees F, about 1 hour.
- Transfer to a cutting board to cool.
- Remove the meat from the bone and slice on a diagonal into 1/2-inch-thick pieces. Roughly chop the marinated vegetables and mix with 1/4 cup pesto in a bowl. Slice the bread in half horizontally to make a giant bun. Pull some of the bread out of the inside of the top half to hollow it out.
- Spread pesto on both halves.
- Layer the lettuce, provolone, turkey and vegetable-pesto mixture on the bottom half of the bread, then cover with the top half. Wrap tightly with plastic wrap to squeeze the sandwich together. Refrigerate 20 minutes, then slice into pieces.
- Photograph by Steve Giralt

## Nutrition Facts

**PROTEIN 35.11%** **FAT 31.2%** **CARBS 33.69%**

### Properties

Glycemic Index:64.83, Glycemic Load:33.75, Inflammation Score:-10, Nutrition Score:45.961304053016%

### Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:

0.08mg, Myricetin: 0.08mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg  
Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg, Galocatechin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 644.82kcal (32.24%), Fat: 22.3g (34.31%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 54.18g (18.06%),  
Net Carbohydrates: 48.2g (17.53%), Sugar: 9.17g (10.19%), Cholesterol: 112.45mg (37.48%), Sodium: 1298.93mg  
(56.48%), Alcohol: 2.21g (100%), Alcohol %: 0.51% (100%), Protein: 56.47g (112.94%), Vitamin C: 110.57mg (134.02%),  
Vitamin B3: 24.28mg (121.4%), Selenium: 70.89µg (101.27%), Vitamin B6: 1.91mg (95.4%), Vitamin A: 4464.24IU  
(89.28%), Phosphorus: 703.4mg (70.34%), Manganese: 1.25mg (62.26%), Vitamin B1: 0.75mg (50.08%), Vitamin B2:  
0.79mg (46.42%), Folate: 184.83µg (46.21%), Vitamin K: 43.27µg (41.21%), Iron: 5.58mg (30.99%), Zinc: 4.63mg  
(30.84%), Magnesium: 120.04mg (30.01%), Potassium: 986.5mg (28.19%), Vitamin E: 3.67mg (24.5%), Fiber: 5.98g  
(23.9%), Vitamin B12: 1.4µg (23.32%), Vitamin B5: 2.23mg (22.31%), Calcium: 216.18mg (21.62%), Copper: 0.37mg  
(18.49%), Vitamin D: 0.26µg (1.74%)