



Apple and Cranberry Turkey Roulade

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup cranberries dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 3 cups apples i use 2 granny smith apples peeled chopped (2 medium)
- ☐ 1.5 cups beef broth fat-free divided
- ☐ 1 cup onion chopped

- ☐ 3 rosemary leaves fresh
- ☐ 1 teaspoon salt divided
- ☐ 2 slices bacon chopped
- ☐ 36 ounce turkey breast tenderloins

Equipment

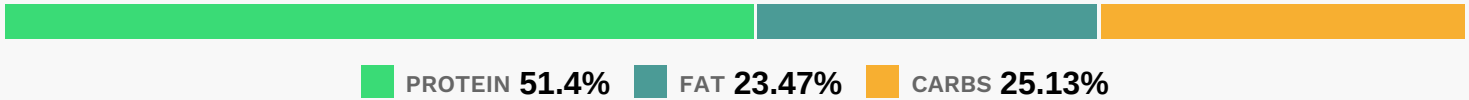
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 32
- ☐ Cook bacon in a large skillet over medium heat 7 minutes or until bacon begins to brown, stirring occasionally. Stir in onion, chopped rosemary, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook for 8 minutes or until onion begins to brown, stirring occasionally. Stir in 1 cup broth, apples, and cranberries. Bring to a boil. Reduce heat, and simmer until liquid evaporates and apples are almost tender (about 15 minutes), stirring occasionally.
- ☐ Remove from heat, and cool slightly. Set aside 1 cup apple mixture.
- ☐ Slice turkey tenderloins lengthwise, cutting to, but not through, the other side. Open halves, laying tenderloins flat.
- ☐ Place each tenderloin between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or small heavy skillet. Discard plastic wrap.

- ☐ Sprinkle remaining 3/4 teaspoon salt and 1/2 teaspoon black pepper evenly over both sides of tenderloins.
- ☐ Spread 1/3 cup apple mixture over each tenderloin; roll up jelly-roll fashion, starting with long sides. Secure at 2-inch intervals with twine.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add tenderloins; cook 6 minutes, turning to brown on all sides.
- ☐ Add remaining 1/2 cup broth and rosemary sprigs; bring to a boil. Cover and bake at 325 for 25 minutes or until a thermometer inserted in thickest portion registers 16
- ☐ Remove tenderloins from pan; let stand 10 minutes. Slice crosswise into 1/2-inch-thick slices.
- ☐ Strain cooking liquid through a fine mesh sieve over a bowl; discard solids.
- ☐ Combine flour and 1/4 cup cooking liquid, stirring with a whisk until smooth. Return flour mixture and the remaining cooking liquid to pan. Stir in reserved 1 cup apple mixture; bring to a boil. Cook for 1 minute or until thickened, stirring constantly.
- ☐ Serve with turkey.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.66, Inflammation Score:-2, Nutrition Score:2.5282608808383%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

Nutrients (% of daily need)

Calories: 245.96kcal (12.3%), Fat: 6.49g (9.98%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 13.65g (4.96%), Sugar: 11.23g (12.47%), Cholesterol: 62.89mg (20.96%), Sodium: 519.99mg (22.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.96%), Fiber: 1.99g (7.98%), Potassium: 197.03mg (5.63%), Manganese: 0.1mg (4.9%), Vitamin C: 3.74mg (4.53%), Vitamin B6: 0.07mg (3.61%), Vitamin B1: 0.05mg (3.38%), Selenium: 2.28µg (3.26%), Vitamin E: 0.46mg (3.09%), Vitamin B3: 0.53mg (2.65%), Phosphorus: 26.09mg (2.61%), Vitamin K: 2.71µg (2.58%), Vitamin B2: 0.03mg (1.92%), Folate: 7.38µg (1.84%), Copper: 0.03mg (1.71%), Magnesium: 6.61mg (1.65%), Iron: 0.25mg (1.41%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.18mg (1.2%), Calcium: 10.92mg (1.09%)