



## Apple-Bourbon Turkey Breast

READY IN



23 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings apple-bourbon marinade
- 8 servings apple-bourbon gravy
- 2 tablespoons butter melted
- 2 rib celery
- 1 tablespoon flour all-purpose
- 1 halves garnishes: key limes
- 1 medium onion sliced
- 1 large oven bag
- 6 lb turkey breast bone-in

## Equipment

- bowl
- oven
- sieve
- roasting pan
- kitchen thermometer

## Directions

- Rinse turkey breast thoroughly with cold water; pat dry, and set aside.
- Remove 1/2 cup Apple-Bourbon Marinade, and reserve for Apple-Bourbon Gravy.
- Pour remaining 2 cups Apple-Bourbon Marinade into a 2-gal. zip-top plastic freezer bag; add turkey breast. Seal bag, and chill at least 8 hours or up to 24 hours, turning occasionally.
- Remove turkey breast from bag, discarding marinade.
- Place flour in oven bag; shake to coat inside of bag.
- Place bag in a shallow roasting pan; place celery and sliced onion inside bag.
- Brush turkey breast with melted butter, and place on top of vegetables in bag. Close bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.
- Bake at 350 for 1 hour and 45 minutes or until a meat thermometer inserted into thickest portion of turkey breast registers 17
- Remove turkey breast from bag to a serving platter.
- Pour bag drippings through a wire-mesh strainer into a medium bowl, discarding solids in strainer and reserving drippings (about 2 cups) in bowl for Apple-Bourbon Gravy.
- Garnish, if desired, and serve with gravy.
- Note: If doubling the recipe, simply place both oven bags side by side in the same roasting pan, and bake as directed.

## Nutrition Facts



**PROTEIN 65.51%** **FAT 17.4%** **CARBS 17.09%**

## Properties

Glycemic Index:35, Glycemic Load:5.37, Inflammation Score:-6, Nutrition Score:27.976521730423%

## Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

## Nutrients (% of daily need)

Calories: 442.68kcal (22.13%), Fat: 8.72g (13.42%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 16.01g (5.82%), Sugar: 13.76g (15.29%), Cholesterol: 191.23mg (63.74%), Sodium: 725.33mg (31.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.88g (147.77%), Vitamin B3: 33.95mg (169.74%), Vitamin B6: 2.7mg (135.25%), Selenium: 77.65µg (110.92%), Phosphorus: 822.53mg (82.25%), Vitamin B12: 2.15µg (35.82%), Vitamin B2: 0.54mg (31.5%), Zinc: 4.51mg (30.04%), Potassium: 979.72mg (27.99%), Vitamin B5: 2.74mg (27.39%), Magnesium: 92.98mg (23.25%), Fiber: 3.27g (13.07%), Iron: 2.06mg (11.45%), Copper: 0.22mg (10.88%), Vitamin B1: 0.15mg (9.83%), Vitamin C: 6.81mg (8.26%), Folate: 32.1µg (8.02%), Calcium: 59.41mg (5.94%), Manganese: 0.09mg (4.6%), Vitamin A: 224.46IU (4.49%), Vitamin E: 0.51mg (3.43%), Vitamin K: 3.13µg (2.98%), Vitamin D: 0.34µg (2.27%)