



Apple-Rosemary Turkey Breast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce apple juice concentrate divided thawed canned
- ☐ 0.5 cup butter melted
- ☐ 0.3 cup flour all-purpose
- ☐ 2 granny smith apples quartered
- ☐ 1 onion divided quartered
- ☐ 1.5 teaspoons pepper divided
- ☐ 8 rosemary sprigs fresh
- ☐ 2 sage sprigs fresh

- ☐ 1 teaspoon salt
- ☐ 6 pound turkey breast bone-in
- ☐ 2 cups water

Equipment

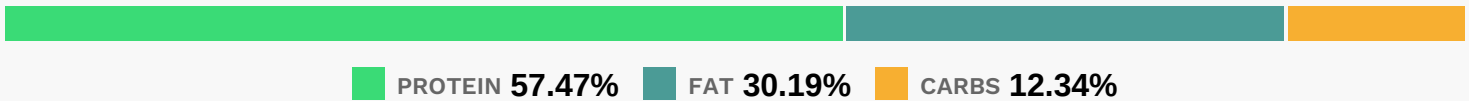
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Rinse turkey with cold water; pat dry.
- ☐ Sprinkle outside of turkey and cavity with salt and 1 teaspoon pepper; stuff cavity with apple, half of onion, and 6 rosemary sprigs. Loosen skin from turkey breast without detaching it; insert remaining 2 rosemary sprigs and sage beneath skin.
- ☐ Place turkey on a rack in a roasting pan.
- ☐ Stir together 1 cup apple juice concentrate and butter. Attach needle to marinade injector, and fill with apple juice concentrate mixture according to directions. Inject marinade into turkey breast several times.
- ☐ Bake at 350 for 1 1/2 hours; cover and bake 1 more hour or until meat thermometer registers 170.
- ☐ Remove turkey from pan, reserving 1/2 cup drippings. Cool.
- ☐ Remove onion, apple, and rosemary from cavity, and discard; wrap turkey in plastic wrap, then aluminum foil. Chill 8 hours.

- ☐ Bring 2 cups water, remaining apple juice concentrate, and remaining half of onion to a boil in a saucepan; boil 15 minutes.
- ☐ Pour through a wire-mesh strainer into a measuring cup, discarding solids.
- ☐ Heat reserved drippings in a heavy saucepan over medium heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually add apple juice mixture, whisking constantly. Cook, whisking constantly, until thickened. Stir in remaining 1/2 teaspoon pepper. Chill 8 hours.
- ☐ Serve warm with turkey and whole-berry cranberry sauce, if desired.
- ☐ NOTE: Turkey may be basted with apple juice concentrate mixture every 30 minutes if marinade injector isn't available.

Nutrition Facts



Properties

Glycemic Index:25.84, Glycemic Load:6.07, Inflammation Score:-7, Nutrition Score:28.383913066076%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.43mg, Epicatechin: 5.43mg, Epicatechin: 5.43mg, Epicatechin: 5.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 510.81kcal (25.54%), Fat: 17.32g (26.65%), Saturated Fat: 3.42g (21.38%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 14.17g (5.15%), Sugar: 9.59g (10.65%), Cholesterol: 183.7mg (61.23%), Sodium: 1131.35mg (49.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.19g (148.39%), Vitamin B3: 34.1mg (170.48%), Vitamin B6: 2.69mg (134.34%), Selenium: 78.68µg (112.4%), Phosphorus: 823.57mg (82.36%), Vitamin B12: 2.16µg (35.96%), Vitamin B2: 0.54mg (31.93%), Zinc: 4.52mg (30.14%), Vitamin B5: 2.74mg (27.44%), Potassium: 956.89mg (27.34%), Magnesium: 94.28mg (23.57%), Copper: 0.25mg (12.69%), Vitamin A: 632.09IU (12.64%), Iron: 2.26mg (12.55%), Vitamin B1: 0.17mg (11.21%), Folate: 36.24µg (9.06%), Manganese: 0.17mg (8.74%), Fiber: 1.75g (7.01%),

Calcium: 68.62mg (6.86%), Vitamin E: 0.74mg (4.93%), Vitamin C: 3.74mg (4.53%), Vitamin D: 0.34µg (2.27%),
Vitamin K: 1.68µg (1.6%)