



Bacon-Wrapped Turkey Breast with Hazelnut Mole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chiles in adobo sauce canned
- ☐ 2 pounds bacon
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 1 teaspoon thyme dried
- ☐ 12 servings parsley fresh chopped
- ☐ 3 large garlic clove peeled

- ☐ 12 servings hazelnuts
- ☐ 3.5 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parsley fresh italian
- ☐ 4 pound turkey breast meat boneless skinless
- ☐ 2 teaspoons worcestershire sauce

Equipment

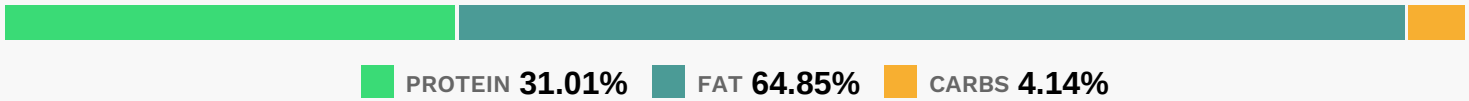
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ glass baking pan
- ☐ kitchen twine

Directions

- ☐ Combine first 9 ingredients in processor; blend until marinade is almost smooth. Rub marinade all over turkey breast halves.
- ☐ Place turkey in 13x9x2-inch glass baking dish; pour remaining marinade over. Cover and chill overnight.
- ☐ Remove turkey from marinade, allowing some marinade to cling to turkey.
- ☐ Sprinkle turkey with salt and pepper.
- ☐ Place 1 pound bacon slices side by side on work surface, overlapping slightly.
- ☐ Place 1 turkey breast half, rounded side down, atop bacon. Wrap bacon around turkey breast, stretching slices slightly to cover turkey. Secure with toothpicks to hold bacon in place, then tie with kitchen string to secure bacon.
- ☐ Remove toothpicks. Repeat with second turkey breast half and remaining bacon.

- ☐ Place turkey breasts on large rimmed baking sheet. (Can be prepared 1 day ahead. Cover tightly with plastic wrap and chill.)
- ☐ Preheat oven to 375°F.
- ☐ Place turkey in oven and roast 25 minutes. Reduce oven temperature to 325°F and roast until instant-read thermometer inserted into thickest part of turkey registers 155°F, about 35 minutes.
- ☐ Remove from oven; let turkey rest 15 minutes (internal temperature will reach 162°F).
- ☐ Cut turkey breasts crosswise into 1/3-inch-thick slices. Ladle generous amount of Hazelnut Mole on large platter. Arrange turkey slices atop mole; sprinkle with parsley and serve.
- ☐ *Chipotle chiles — dried, smoked jalapeños — canned in a spicy tomato sauce, sometimes called adobo, are sold at some supermarkets, specialty foods stores, and Latin markets.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:22.602174012557%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 14.01mg, Apigenin: 14.01mg, Apigenin: 14.01mg, Apigenin: 14.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 755.69kcal (37.78%), Fat: 55.26g (85.01%), Saturated Fat: 12.11g (75.7%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 4.66g (1.69%), Sugar: 1.6g (1.78%), Cholesterol: 175.84mg (58.61%), Sodium: 1113.1mg (48.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.44g (118.89%), Vitamin K: 115.58µg (110.07%), Manganese: 1.92mg (95.79%), Vitamin E: 5.62mg (37.48%), Copper: 0.57mg (28.35%), Iron: 5.01mg (27.85%), Vitamin B1: 0.41mg (27.48%), Selenium: 16.14µg (23.06%), Phosphorus: 203.61mg (20.36%), Vitamin B6: 0.39mg (19.4%), Vitamin B3:

3.7mg (18.52%), Magnesium: 63.1mg (15.77%), Vitamin C: 12.43mg (15.07%), Fiber: 3.28g (13.11%), Vitamin A: 596.35IU (11.93%), Potassium: 414.68mg (11.85%), Zinc: 1.73mg (11.51%), Folate: 44.88µg (11.22%), Calcium: 92.24mg (9.22%), Vitamin B5: 0.73mg (7.33%), Vitamin B12: 0.38µg (6.3%), Vitamin B2: 0.11mg (6.23%), Vitamin D: 0.3µg (2.02%)