



Benny Sauce Marinated Turkey

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



371 kcal

SAUCE

Ingredients

- 1 teaspoon celery salt
- 1.5 teaspoons basil dried
- 1.5 teaspoons thyme leaves dried
- 2 large garlic cloves minced
- 1 teaspoon garlic powder
- 1.5 teaspoons ground marjoram
- 0.1 teaspoon hot sauce
- 0.5 cup juice of lemon

- 2 teaspoons onion powder
- 1.5 teaspoons oregano dried
- 2 teaspoons pepper
- 0.5 cup red wine vinegar
- 2 teaspoons salt
- 4 teaspoons soya sauce
- 9 pound turkey breast
- 0.5 cup vegetable oil
- 4 teaspoons worcestershire sauce

Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer

Directions

- Bring first 16 ingredients to a boil in a small saucepan, stirring constantly; reduce heat, and simmer, stirring often, 1 to 2 minutes.
- Remove from heat; cool.
- Place turkey in a large shallow dish; pour marinade over turkey. Cover and chill 8 hours, turning occasionally.
- Remove turkey from marinade, reserving marinade.
- Place turkey on a rack in a roasting pan. Set aside.
- Bring reserved marinade to a boil in a small saucepan; boil 1 minute.
- Remove from heat.
- Bake turkey at 325 for 3 hours or until a meat thermometer inserted into turkey breast registers 170, basting occasionally with marinade.
- Note: Marinade may be prepared and refrigerated up to 2 weeks ahead.

Nutrition Facts

PROTEIN 79.24% FAT 18.22% CARBS 2.54%

Properties

Glycemic Index:7.25, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:27.256956401079%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 371.41kcal (18.57%), Fat: 7.54g (11.59%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.71g (0.79%), Cholesterol: 183.7mg (61.23%), Sodium: 1422.67mg (61.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.73g (147.47%), Vitamin B3: 33.9mg (169.49%), Vitamin B6: 2.66mg (133.2%), Selenium: 77.48µg (110.68%), Phosphorus: 812.67mg (81.27%), Vitamin B12: 2.14µg (35.72%), Zinc: 4.5mg (29.99%), Vitamin B2: 0.51mg (29.74%), Vitamin B5: 2.67mg (26.73%), Potassium: 878.39mg (25.1%), Magnesium: 90.28mg (22.57%), Iron: 2.49mg (13.81%), Copper: 0.2mg (10.07%), Vitamin K: 9.85µg (9.38%), Vitamin B1: 0.12mg (8.17%), Folate: 28.13µg (7.03%), Manganese: 0.13mg (6.7%), Calcium: 65mg (6.5%), Vitamin C: 4.59mg (5.56%), Vitamin E: 0.44mg (2.96%), Vitamin D: 0.34µg (2.27%), Fiber: 0.42g (1.68%), Vitamin A: 83.11IU (1.66%)