



Bourbon and Molasses-Glazed Turkey Breast



Gluten Free



Dairy Free

READY IN



115 min.

SERVINGS



4

CALORIES



551 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 teaspoon pepper sauce hot tabasco® such as
- ☐ 2 pound turkey breast bone-in
- ☐ 1 cup bourbon whiskey mark® such as Maker's

Equipment

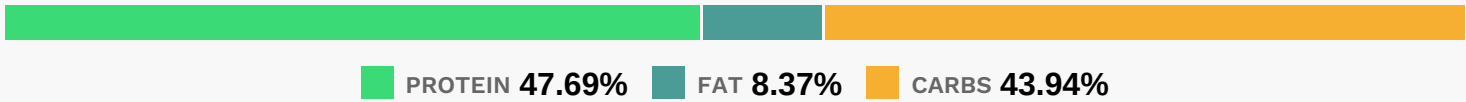
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Stir whiskey, molasses, and brown sugar in a saucepan until brown sugar has dissolved.
- ☐ Place over medium heat, bring to a simmer, and turn off heat; stir salt and hot pepper sauce into mixture.
- ☐ Pour marinade into a large bowl.
- ☐ Place turkey breast into the marinade with skin side down; let stand for 1 hour, turning turkey breast over occasionally.
- ☐ Transfer turkey to a roasting pan. Retain marinade for basting.
- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Roast turkey breast in the preheated oven until a meat thermometer inserted into the thickest part of the meat reads 160 degrees F (70 degrees C), about 45 minutes. Baste turkey occasionally with retained marinade. Allow turkey breast to rest for 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:13.85, Inflammation Score:-7, Nutrition Score:25.905217319646%

Nutrients (% of daily need)

Calories: 551.09kcal (27.55%), Fat: 3.81g (5.86%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 45.03g (16.37%), Sugar: 44.99g (49.99%), Cholesterol: 122.47mg (40.82%), Sodium: 2257.18mg (98.14%), Alcohol: 21.24g (100%), Alcohol %: 7.75% (100%), Protein: 48.87g (97.75%), Vitamin B3: 22.95mg (114.73%), Vitamin B6: 2.05mg (102.36%), Selenium: 59.15µg (84.5%), Phosphorus: 550.73mg (55.07%), Magnesium: 159.97mg (39.99%), Manganese: 0.68mg (33.94%), Potassium: 1184.55mg (33.84%), Vitamin B12: 1.43µg (23.81%), Vitamin B5: 2.12mg (21.16%), Zinc: 3.09mg (20.61%), Vitamin B2: 0.33mg (19.48%), Iron: 3.34mg (18.57%), Copper: 0.34mg (16.97%), Calcium: 130.68mg (13.07%), Vitamin B1: 0.1mg (6.48%), Folate: 16.07µg (4.02%), Vitamin D: 0.23µg (1.51%)