



Bourbon-Cranberry Turkey Tenderloin

 Dairy Free

READY IN



54 min.

SERVINGS



10

CALORIES



335 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 cup bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon pepper
- ☐ 1 slices cranberry-orange relish
- ☐ 2 tablespoons orange zest grated
- ☐ 1.5 teaspoons salt
- ☐ 4 pounds turkey breast tenderloins
- ☐ 16 oz roasted cranberry sauce canned

Equipment

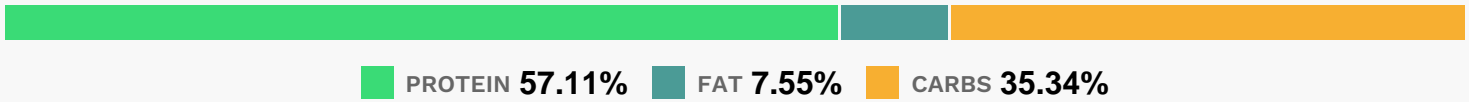
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Bring first 4 ingredients to a boil in a saucepan over medium-high heat; reduce heat to medium-low, and simmer 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat, and let stand 30 minutes or to room temperature.
- ☐ Remove 1/2 cup cranberry mixture; reserve remaining mixture.
- ☐ Rinse tenderloins, and pat dry with paper towels.
- ☐ Brush with 1/4 cup cranberry mixture, and let stand at room temperature 30 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Grill over medium-high heat (350 to 40
- ☐ to 12 minutes on each side or until a meat thermometer inserted in thickest portion registers 165, basting occasionally with 1/4 cup cranberry mixture.
- ☐ Remove from heat, and let stand 15 minutes before slicing.
- ☐ Serve with reserved cranberry mixture.
- ☐ Bourbon-Cranberry Roasted Turkey: Substitute 1 (14-lb.) whole fresh turkey for tenderloins.
- ☐ Remove giblets and neck, and rinse turkey with cold water.
- ☐ Drain cavity well; pat dry.

- ☐ Let turkey stand at room temperature 30 minutes. Meanwhile, prepare cranberry mixture as directed in Step
- ☐ Place turkey, breast side up, on a lightly greased wire rack in a roasting pan. If desired, tie ends of legs together with kitchen string; tuck wing tips under.
- ☐ Brush with 2 Tbsp. melted butter, and sprinkle with salt and pepper.
- ☐ Bake at 325 for 3 1/2 hours or until meat thermometer inserted in thickest portion of thigh registers 170, brushing with 1/2 cup cranberry mixture during the last 30 minutes of roasting. (If turkey starts to brown too much, cover loosely with aluminum foil.)
- ☐ Let turkey stand 15 minutes before carving.
- ☐ Serve with reserved cranberry mixture. Makes 8 to 10 servings. Prep: 20 min.; Cook: 15 min.; Stand: 1 hr., 15 min.;
- ☐ Bake: 3 hr., 30 min.

Nutrition Facts



Properties

Glycemic Index:8.95, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.213913048739%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 334.67kcal (16.73%), Fat: 2.5g (3.85%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 26.37g (8.79%), Net Carbohydrates: 25.56g (9.29%), Sugar: 21.67g (24.08%), Cholesterol: 80.99mg (27%), Sodium: 474.95mg (20.65%), Alcohol: 5.34g (100%), Alcohol %: 2.66% (100%), Protein: 42.62g (85.24%), Manganese: 0.11mg (5.63%), Vitamin C: 2.83mg (3.43%), Fiber: 0.81g (3.25%), Vitamin E: 0.43mg (2.89%), Iron: 0.32mg (1.76%), Vitamin K: 1.62µg (1.54%), Copper: 0.03mg (1.43%), Calcium: 12.81mg (1.28%), Potassium: 35.9mg (1.03%)