



Brined Turkey Breast with Spanish Spice Rub and Sour Orange Sauce

READY IN



125 min.

SERVINGS



8

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 turkey breast boneless
- ☐ 4 cups chicken stock see homemade
- ☐ 1 leaf flat parsley leaves
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 cloves garlic coarsely chopped
- ☐ 0.5 cup granulated sugar
- ☐ 2 tablespoons honey

- ☐ 0.5 cup kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion spanish chopped
- ☐ 2 cups orange juice fresh
- ☐ 2 teaspoons orange zest grated
- ☐ 4 oranges halved
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons butter unsalted cold cut into pieces
- ☐ 8 servings vegetable oil
- ☐ 2 quarts water cold

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Place water in a large bowl or plastic container.
- ☐ Whisk in salt and sugar and let sit 5 minutes to dissolve.
- ☐ Add the turkey breast, cover, and let sit in the refrigerator for 45 minutes.
- ☐ Heat grill to medium-high.

- ☐ Remove turkey from the brining solution, rinse well under cold water and pat dry with paper towels. Rub the skin side of the turkey with the rub. Using tongs, dip paper towels into the oil and oil the grates of the grill.
- ☐ Place the turkey on the grill, rub side down and grill until slightly charred and a crust has formed, about 4 to 5 minutes. Reduce the heat of the grill to medium, turn the turkey over and continue cooking, with the lid closed for 30 to 40 minutes or until an instant-read thermometer inserted into the center of the breast registers 155 degrees F (the temperature will continue to rise off the heat).
- ☐ Remove from the heat, loosely tent with foil and let rest 10 minutes before slicing. Slice into 1/2-inch thick slices.
- ☐ While turkey is resting, brush the cut side of oranges with oil and place cut side down on the grill and grill until slightly charred. Ladle sour orange sauce onto a platter and top with the sliced turkey.
- ☐ Garnish with grilled oranges and parsley leaves.
- ☐ tablespoons Spanish paprika
- ☐ tablespoons cumin seeds, ground
- ☐ tablespoon mustard seeds, ground
- ☐ teaspoons fennel seeds, ground
- ☐ teaspoons coarsely ground black pepper
- ☐ teaspoons kosher salt
- ☐ Whisk together in a bowl.
- ☐ Heat the oil in a medium saucepan over medium-high heat on the grates of the grill.
- ☐ Add the onions and cook until soft.
- ☐ Add the garlic and cook for 1 minute.
- ☐ Add the orange juice, zest, and lime juice and cook until the mixture is reduced to about 1/2 cup. Stir in the honey.
- ☐ Add the chicken stock and cook until it's reduced to a sauce consistency, about 2 cups.
- ☐ Strain the sauce into a bowl, whisk in the butter, and season with salt and pepper. Stir in the thyme and parsley and serve hot.

Nutrition Facts



 PROTEIN **21.82%**  FAT **45.64%**  CARBS **32.54%**

Properties

Glycemic Index:51.86, Glycemic Load:17.36, Inflammation Score:-8, Nutrition Score:20.9073913823%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 25.94mg, Hesperetin: 25.94mg, Hesperetin: 25.94mg, Hesperetin: 25.94mg Naringenin: 11.39mg, Naringenin: 11.39mg, Naringenin: 11.39mg, Naringenin: 11.39mg Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg, Apigenin: 2.44mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 455.51kcal (22.78%), Fat: 23.69g (36.44%), Saturated Fat: 5.12g (32%), Carbohydrates: 37.99g (12.66%), Net Carbohydrates: 35.8g (13.02%), Sugar: 30.8g (34.22%), Cholesterol: 63.78mg (21.26%), Sodium: 7460.69mg (324.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Vitamin C: 72.84mg (88.29%), Vitamin B3: 12.08mg (60.4%), Vitamin B6: 0.94mg (46.81%), Vitamin K: 47.14µg (44.89%), Selenium: 25.63µg (36.62%), Phosphorus: 292.05mg (29.2%), Potassium: 656.42mg (18.75%), Vitamin B2: 0.3mg (17.9%), Folate: 56.8µg (14.2%), Vitamin B1: 0.2mg (13.35%), Vitamin E: 2mg (13.33%), Magnesium: 49.27mg (12.32%), Copper: 0.24mg (11.85%), Zinc: 1.64mg (10.94%), Vitamin B5: 1.09mg (10.9%), Vitamin B12: 0.62µg (10.34%), Vitamin A: 507.3IU (10.15%), Fiber: 2.19g (8.75%), Calcium: 74.82mg (7.48%), Iron: 1.31mg (7.29%), Manganese: 0.12mg (6.11%)