



Citrus Grilled Turkey Breast

 Gluten Free

READY IN



100 min.

SERVINGS



12

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1 tablespoon cornstarch
- 0.3 cup basil fresh
- 4 garlic clove halved
- 1 medium optional: lemon thinly sliced
- 1 teaspoon lemon zest grated
- 1 medium cranberry-orange relish thinly sliced
- 1 cup orange juice

- 1 teaspoon orange zest grated
- 0.3 cup parsley fresh
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 5 pounds turkey breast bone-in
- 2 tablespoons water

Equipment

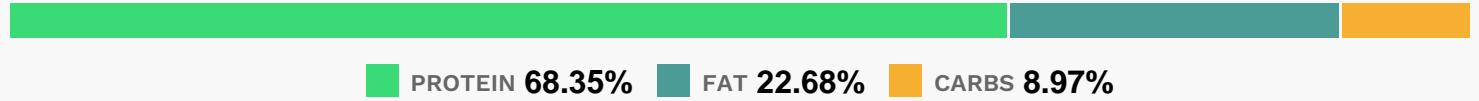
- food processor
- frying pan
- paper towels
- sauce pan
- blender
- toothpicks
- grill
- kitchen thermometer
- measuring cup
- tongs

Directions

- Using fingers, carefully loosen the skin from both sides of turkey breast. In a food processor or blender, combine the parsley, basil, butter, garlic and salt; cover and process until smooth.
- Spread under turkey skin; arrange lemon and orange slices over herb mixture. Secure skin to underside of breast with toothpicks.
- Using long-handled tongs, moisten a paper towel with cooking oil and lightly coat the grill rack. Prepare grill for indirect heat, using a drip pan.
- Place turkey over drip pan. Grill, covered, over indirect medium heat for 1-1/2 to 2 hours or until a meat thermometer reads 170°. Cover and let stand for 10 minutes.
- Meanwhile, pour pan drippings into a measuring cup; skim fat. In a small saucepan, combine cornstarch and water until smooth.

- Add the orange juice, orange peel, lemon peel, pepper and pan drippings. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard the skin, lemon and orange slices from turkey breast.
- Remove herb mixture from turkey; stir into gravy. Slice turkey and serve with gravy.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:20.458695696748%

Flavonoids

Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 7.96mg, Hesperetin: 7.96mg, Hesperetin: 7.96mg Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg, Naringenin: 2.16mg Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 237.96kcal (11.9%), Fat: 6.08g (9.35%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 5.41g (1.8%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.11g (3.45%), Cholesterol: 109.58mg (36.53%), Sodium: 510.22mg (22.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.21g (82.43%), Vitamin B3: 18.91mg (94.55%), Vitamin B6: 1.5mg (75.09%), Selenium: 43.22µg (61.74%), Phosphorus: 456.1mg (45.61%), Vitamin C: 23.42mg (28.38%), Vitamin K: 22.93µg (21.83%), Vitamin B12: 1.2µg (19.94%), Vitamin B2: 0.29mg (17.1%), Zinc: 2.51mg (16.76%), Vitamin B5: 1.57mg (15.66%), Potassium: 545.35mg (15.58%), Magnesium: 52.78mg (13.19%), Iron: 1.25mg (6.94%), Folate: 26.15µg (6.54%), Vitamin A: 325.92IU (6.52%), Vitamin B1: 0.1mg (6.52%), Copper: 0.12mg (6.2%), Calcium: 41.52mg (4.15%), Fiber: 0.68g (2.71%), Manganese: 0.05mg (2.6%), Vitamin E: 0.25mg (1.68%), Vitamin D: 0.19µg (1.26%)