



Cranberry Stuffed Turkey Breasts

 Dairy Free  Popular

READY IN



120 min.

SERVINGS



10

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 lettuce leaves
- 2 tablespoons olive oil
- 0.5 cup pecan halves
- 1 cup pecans chopped
- 12 ounce herb-seasoned bread stuffing mix
- 16 ounce cranberries dried sweetened
- 2 turkey breasts boneless skinless

Equipment

- frying pan
- oven
- knife
- kitchen thermometer

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Prepare stuffing mix according to package directions. Set aside to cool.
- With a sharp knife, butterfly breasts open to lay flat.
- Place each breast between two sheets of waxed paper, and flatten with a mallet.
- Spread the prepared stuffing to within 1/4 inch of the edge of each breast.
- Sprinkle each one with chopped pecans and dried cranberries, reserving some of the cranberries for garnish.
- Roll up tightly in a jellyroll style, starting with the long end. Tuck in ends, and tie in sections with string, about 4 sections around the middle and one running the length of the roll to secure the ends.
- Heat olive oil in a large cast iron skillet over medium-high heat. Carefully brown rolls on all sides.
- Place skillet in oven, uncovered.
- Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, or until the internal temperature is at 170 degrees F (78 degrees C) when taken with a meat thermometer. Do not let these get overly dry.
- Allow rolls to set for 15 minutes before removing string, and slicing into 1/2 to 3/4 inch circles. Leave one roll whole, and slice the other for presentation. Stuffing will be spiraled into meat. Present on your prettiest platter on a bed of curly lettuce, and garnish by sprinkling with the remaining 1/2 cup pecan halves and the reserved dried cranberries.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:25.981304210165%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 565.02kcal (28.25%), Fat: 18.45g (28.39%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 66.12g (22.04%), Net Carbohydrates: 60.96g (22.17%), Sugar: 36.6g (40.66%), Cholesterol: 84.58mg (28.19%), Sodium: 805.69mg (35.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.02g (78.04%), Vitamin B3: 17.93mg (89.67%), Selenium: 52.7µg (75.29%), Vitamin B6: 1.33mg (66.28%), Manganese: 1.09mg (54.48%), Phosphorus: 467.84mg (46.78%), Vitamin B1: 0.38mg (25.28%), Vitamin B2: 0.41mg (24.2%), Vitamin A: 1106.93IU (22.14%), Zinc: 3.14mg (20.91%), Fiber: 5.16g (20.63%), Folate: 77.03µg (19.26%), Copper: 0.38mg (19.04%), Magnesium: 75.47mg (18.87%), Vitamin B12: 0.99µg (16.49%), Potassium: 576.38mg (16.47%), Iron: 2.86mg (15.9%), Vitamin B5: 1.58mg (15.8%), Vitamin E: 1.84mg (12.29%), Calcium: 75.23mg (7.52%), Vitamin K: 6.06µg (5.77%), Vitamin C: 2.86mg (3.46%), Vitamin D: 0.16µg (1.04%)