



Dijon and Herb Turkey Breast with Mushroom Gravy

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter softened
- 1.8 cups chicken broth (from 32-oz carton)
- 1 tablespoon dijon mustard
- 0.3 cup flour all-purpose
- 0.3 teaspoon pepper
- 0.5 teaspoon marjoram dried
- 8 oz mushrooms fresh whole

- 1 medium onion cut into 12 wedges
- 0.5 teaspoon salt
- 8 servings salt and pepper to taste
- 0.5 teaspoon thyme leaves dried
- 5 lb turkey breast whole bone-in frozen thawed
- 0.3 cup water cold

Equipment

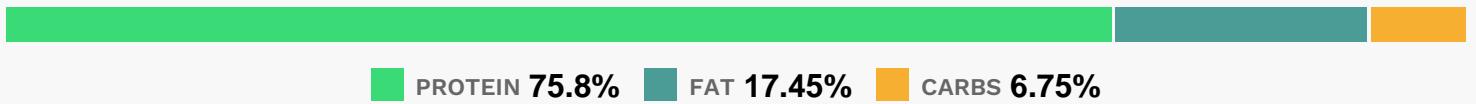
- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup

Directions

- Heat oven to 325F. In small bowl, mix mustard, butter, thyme, marjoram, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- In shallow roasting pan, place turkey breast, skin side up.
- Brush with mustard mixture.
- Place 1/2 cup of the broth in bottom of pan; refrigerate remaining broth. Insert ovenproof meat thermometer so tip is in thickest part of turkey breast and does not touch bone. Spray piece of foil with cooking spray; cover turkey. (Foil does not need to tightly cover turkey; secure foil to each end of pan.)
- Bake 1 hour.
- Add mushrooms and onions to pan; spoon pan drippings over top.
- Bake uncovered 1 hour to 1 hour 30 minutes longer or until thermometer reads 170F.

- Place turkey on platter; cover with foil to keep warm.
- Let stand 15 minutes for easiest carving.
- Pour pan drippings (without vegetables) into measuring cup.
- Add remaining broth to drippings to equal 1 1/2 cups; pour into 2-quart saucepan. In small bowl, mix flour and cold water until smooth; stir into drippings in saucepan.
- Heat to boiling over medium-high heat, stirring constantly with wire whisk. Boil and stir about 1 minute or until mixture thickens. Stir in mushrooms and onions from pan. Simmer 5 minutes, stirring occasionally. Stir in salt and pepper to taste.
- Serve gravy with turkey.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:25.926956590103%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 329.4kcal (16.47%), Fat: 6.44g (9.91%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.87g (1.77%), Sugar: 1.54g (1.72%), Cholesterol: 154.12mg (51.37%), Sodium: 1153.42mg (50.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.93g (125.87%), Vitamin B3: 29.53mg (147.65%), Vitamin B6: 2.25mg (112.35%), Selenium: 69.23µg (98.9%), Phosphorus: 706.37mg (70.64%), Vitamin B2: 0.58mg (34.18%), Vitamin B12: 1.81µg (30.16%), Vitamin B5: 2.67mg (26.69%), Zinc: 3.94mg (26.24%), Potassium: 815.02mg (23.29%), Magnesium: 77.54mg (19.38%), Copper: 0.26mg (13.03%), Vitamin B1: 0.17mg (11.21%), Iron: 1.98mg (11.02%), Folate: 34.66µg (8.66%), Manganese: 0.12mg (6.02%), Calcium: 49.39mg (4.94%), Fiber: 0.74g (2.96%), Vitamin A: 128.72IU (2.57%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.83mg (2.21%), Vitamin E: 0.26mg (1.73%)