



Gluten Free Fruit Stuffed Turkey Breast with Hibiscus Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 Tbs butter melted
- 1 Tbs cornstarch dissolved in 2 tbs. water
- 0.5 cup apricot dried
- 0.5 cup cranberries dried
- 0.5 cup pineapple dried
- 4 servings pepper black to taste
- 0.3 cup hibiscus petals dried

- 4 servings kosher salt to taste
- 4 servings salt to taste
- 1 Tbs shallots chopped
- 2 cups pkt spinach
- 2 tsp sugar
- 1 turkey breast (skin on)
- 2 cups turkey stock
- 3 Tbs vinegar white
- 1 frangelico
- 1 frangelico

Equipment

- bowl
- frying pan
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- cutting board

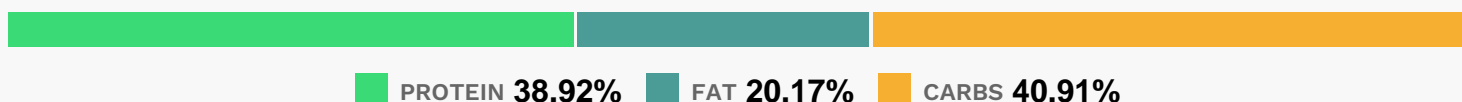
Directions

- For the Turkey:Method: Preheat oven to 350 degrees. Slit a pocket laterally in the turkey breast. Julienne the dried fruit and the spinach and mix in a bowl with the chopped shallot. Stuff the mixture into the turkey breast and season with salt and pepper, coat with the melted butter and wrap in sheet of foil.
- Heat a large skillet until it is very hot and place the turkey in the pan and allow to cook for about two minutes on each side or until it is golden brown on all sides (you will have to peek inside the foil to check).
- Place the pan in the oven and cook for 15 minutes then flip the breasts and cook for an additional 20 to 30 minutes or until a probe thermometer inserted into the middle of the

breast reads 165 degrees.

- Remove the pan from the oven and place the pan on a cutting board and allow to rest for five minutes.
- Remove the turkey from the foil then carve into 1 inch thick medallions
- For the sauce:Method: In a non-reactive saucepan bring the vinegar and the sugar to a boil. Cook the mixture till the sugar begins to caramelize (Brown).
- Place a 1 oz. pool of the sauce on a plate and fan the carved turkey over the sauce.

Nutrition Facts



Properties

Glycemic Index:74.37, Glycemic Load:4.65, Inflammation Score:-9, Nutrition Score:28.081304347826%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Taste

Sweetness: 46.93%, Saltiness: 100%, Sourness: 22.32%, Bitterness: 10.85%, Savoriness: 68.6%, Fattiness: 61.09%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 466.09kcal (23.3%), Fat: 10.73g (16.51%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 46.07g (16.75%), Sugar: 39.25g (43.61%), Cholesterol: 124.11mg (41.37%), Sodium: 1019.66mg (44.33%), Protein: 46.61g (93.22%), Vitamin B3: 21.85mg (109.24%), Vitamin B6: 1.65mg (82.54%), Vitamin K: 75.02µg (71.45%), Selenium: 47.7µg (68.14%), Phosphorus: 516.46mg (51.65%), Vitamin A: 2256.59IU (45.13%), Potassium: 890.48mg (25.44%), Vitamin B2: 0.43mg (25.38%), Vitamin B12: 1.24µg (20.68%), Zinc: 2.89mg (19.24%), Magnesium: 72.6mg (18.15%), Vitamin B5: 1.65mg (16.54%), Iron: 2.61mg (14.5%), Folate: 51.52µg (12.88%), Copper: 0.26mg (12.79%), Manganese: 0.25mg (12.74%), Fiber: 2.92g (11.69%), Vitamin E: 1.65mg (10.97%), Vitamin C: 7.7mg (9.34%), Vitamin B1: 0.12mg (8.25%), Calcium: 70.75mg (7.07%), Vitamin D: 0.2µg (1.3%)