



Grilled Chili-Sauced Turkey Breast



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



6

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 3 tablespoons chili sauce
- ☐ 1 tablespoon worcestershire sauce
- ☐ 2 pound turkey breast boneless with untorn skin
- ☐ 1 serving vegetable oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 serving chili sauce

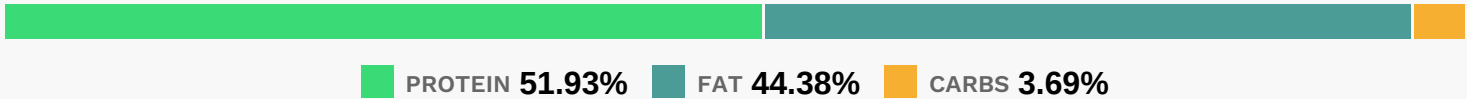
Equipment

- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill.
- ☐ Mix margarine, 3 tablespoons chili sauce and the Worcestershire sauce. Loosen skin on turkey in 4 or 5 places. Carefully spoon chili sauce mixture evenly under skin. Rub turkey skin with oil; sprinkle with salt and pepper. Insert ovenproof meat thermometer so tip is in thickest part of turkey.
- ☐ Cover and grill turkey, skin side down, 4 to 6 inches from medium heat 20 minutes; turn. Cover and grill 35 to 45 minutes longer or until thermometer reads 170°F and juice of turkey is no longer pink when center is cut.
- ☐ Remove turkey from grill; cover with foil tent.
- ☐ Let stand 10 minutes. Slice turkey.
- ☐ Drizzle with additional chili sauce.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:14.839565204537%

Nutrients (% of daily need)

Calories: 251.4kcal (12.57%), Fat: 12.48g (19.21%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.11g (0.77%), Sugar: 1.47g (1.63%), Cholesterol: 81.65mg (27.22%), Sodium: 742.97mg (32.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.87g (65.74%), Vitamin B3: 15.16mg (75.81%), Vitamin B6: 1.19mg (59.31%), Selenium: 34.43µg (49.19%), Phosphorus: 365.17mg (36.52%), Vitamin B12: 0.96µg (16.03%), Vitamin B2: 0.23mg (13.67%), Zinc: 1.99mg (13.24%), Potassium: 424.52mg (12.13%), Vitamin B5: 1.18mg (11.81%), Magnesium: 39.6mg (9.9%), Vitamin A: 427.92IU (8.56%), Iron: 1.04mg (5.8%), Vitamin E: 0.74mg (4.92%), Copper: 0.1mg (4.82%), Vitamin K: 4.89µg (4.66%), Vitamin B1: 0.06mg (4.03%), Calcium: 29.19mg (2.92%), Folate: 11.67µg

(2.92%), Vitamin C: 1.72mg (2.09%), Manganese: 0.02mg (1.09%), Vitamin D: 0.15µg (1.01%)