



Grilled Chipotle Turkey Breast

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cloves garlic peeled
- 5 pound turkey breast bone-in
- 0.3 cup maple syrup
- 2 tablespoons vegetable oil
- 1 tablespoon soya sauce
- 1 chipotles in adobo (from 7-ounce can)
- 1 garlic clove peeled

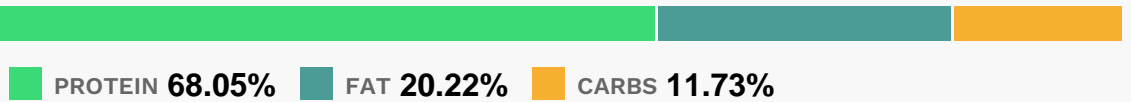
Equipment

- food processor
- frying pan
- blender
- grill
- kitchen thermometer

Directions

- Heat coals or gas grill for indirect heat. Tuck garlic cloves under skin of turkey.
- Place all remaining ingredients in mini food processor or blender. Cover and process until smooth.
- Place turkey on grill; brush with marinade. Cover and grill turkey over drip pan and 5 to 6 inches from medium heat 1 hour 30 minutes to 2 hours, turning occasionally and brushing with marinade, until meat thermometer reads 170°F and juice is no longer pink when center is cut.
- Let stand 5 minutes before serving. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:4.84, Inflammation Score:-5, Nutrition Score:29.854347705841%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 480.32kcal (24.02%), Fat: 10.83g (16.67%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 13.76g (5%), Sugar: 11.17g (12.41%), Cholesterol: 204.12mg (68.04%), Sodium: 948.65mg (41.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.02g (164.04%), Vitamin B3: 37.68mg (188.38%), Vitamin B6: 2.99mg (149.56%), Selenium: 86.47µg (123.53%), Phosphorus: 902.85mg (90.29%), Vitamin B2: 0.78mg (46.16%), Vitamin B12: 2.38µg (39.69%), Zinc: 5.1mg (34.03%), Vitamin B5: 2.97mg (29.68%), Potassium: 979.4mg (27.98%), Manganese: 0.53mg (26.41%), Magnesium: 100.58mg (25.15%), Iron: 2.27mg (12.61%), Copper: 0.21mg (10.7%),

Vitamin B1: 0.15mg (9.82%), Calcium: 81.16mg (8.12%), Vitamin K: 8.41µg (8.01%), Folate: 27.13µg (6.78%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.38µg (2.52%), Vitamin C: 1.4mg (1.7%), Vitamin A: 76.13IU (1.52%), Fiber: 0.37g (1.47%)