



Grilled Chipotle Turkey Breast

 Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cloves garlic peeled
- 0.3 cup maple syrup
- 1 tablespoon soya sauce
- 5 pound turkey breast bone-in
- 2 tablespoons vegetable oil

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 170F and juice is no longer pink when center is cut.
- Let stand 5 minutes before serving. Discard any remaining marinade.

Nutrition Facts

PROTEIN 68.38% **FAT 20.32%** **CARBS 11.3%**

Properties

Glycemic Index:13.58, Glycemic Load:4.79, Inflammation Score:-5, Nutrition Score:29.743913067424%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 477.91kcal (23.9%), Fat: 10.83g (16.66%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 13.44g (4.89%), Sugar: 11g (12.22%), Cholesterol: 204.12mg (68.04%), Sodium: 948.54mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 81.99g (163.98%), Vitamin B3: 37.67mg (188.37%), Vitamin B6: 2.99mg (149.25%), Selenium: 86.4µg (123.42%), Phosphorus: 902.09mg (90.21%), Vitamin B2: 0.78mg (46.13%), Vitamin B12: 2.38µg (39.69%), Zinc: 5.1mg (33.99%), Vitamin B5: 2.96mg (29.65%), Potassium: 977.39mg (27.93%), Manganese: 0.52mg (25.99%), Magnesium: 100.46mg (25.11%), Iron: 2.2mg (12.23%), Copper: 0.21mg (10.63%), Vitamin B1: 0.15mg (9.75%), Calcium: 80.26mg (8.03%), Vitamin K: 8.4µg (8%), Folate: 27.12µg (6.78%), Vitamin E: 0.6mg (4.01%), Vitamin D: 0.38µg (2.52%), Vitamin A: 75.96IU (1.52%), Vitamin C: 1.25mg (1.51%)