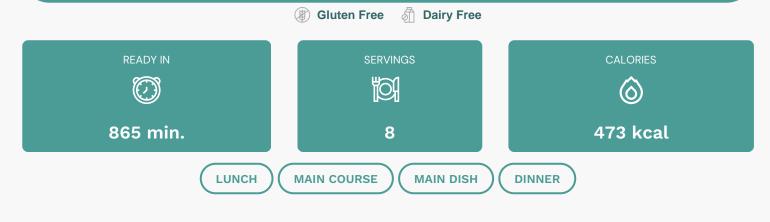


Grilled Honey-Dijon Brined Turkey Breast



Ingredients

Il cups water cold
1 cup honey
0.5 cup dijon mustard
0.3 cup salt
5 lb turkey breast whole bone-in frozen thawed
3 tablespoons vegetable oil
1 teaspoon marjoram dried
1 teaspoon ground mustard

	1 teaspoon highest available proof grain spirit	
Equipment		
	bowl	
	frying pan	
	pot	
	grill	
	kitchen thermometer	
	aluminum foil	
Di	rections	
	In 6-quart container or stockpot, stir water, honey, Dijon mustard and salt until honey and salt are dissolved.	
	Add turkey breast to brine mixture. Cover; refrigerate at least 12 hours but no longer than 24 hours.	
	Heat gas or charcoal grill for indirect cooking as directed by manufacturer.	
	Remove turkey from brine mixture; rinse thoroughly under cool running water and pat dry. Discard brine.	
	In small bowl, mix remaining ingredients; brush over turkey. Insert ovenproof meat thermometer into turkey so tip is in thickest part of breast and does not touch bone.	
	Place turkey on unheated side of 2-burner gas grill or over drip pan on charcoal grill. (If using one-burner gas grill, cook over low heat.) Cover grill; cook over medium heat 1 hour.	
	Rotate turkey 1/2 turn; cook covered 45 to 60 minutes longer or until thermometer reads 165°F.	
	Remove turkey from grill. Cover with foil; let stand 5 to 10 minutes before slicing.	
Nutrition Facts		
	PROTEIN 50.93% FAT 19.27% CARBS 29.8%	

Properties

Nutrients (% of daily need)

Calories: 473.23kcal (23.66%), Fat: 10.43g (16.05%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 35.45g (12.89%), Sugar: 35.19g (39.1%), Cholesterol: 153.09mg (51.03%), Sodium: 5488.79mg (238.64%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 62.01g (124.02%), Vitamin B3: 28.33mg (141.63%), Vitamin B6: 2.22mg (111.08%), Selenium: 70.53µg (100.76%), Phosphorus: 692.33mg (69.23%), Vitamin B12: 1.79µg (29.77%), Zinc: 3.98mg (26.5%), Vitamin B2: 0.44mg (25.87%), Vitamin B5: 2.28mg (22.81%), Magnesium: 84.62mg (21.16%), Potassium: 737.08mg (21.06%), Copper: 0.23mg (11.74%), Iron: 2.04mg (11.35%), Vitamin K: 9.72µg (9.25%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.15mg (7.29%), Calcium: 65.76mg (6.58%), Folate: 22.81µg (5.7%), Vitamin E: 0.66mg (4.4%), Fiber: 0.83g (3.31%), Vitamin D: 0.28µg (1.89%), Vitamin A: 68.95IU (1.38%)