



Grilled Honey-Dijon Brined Turkey Breast

 **Gluten Free**  **Dairy Free**

READY IN



865 min.

SERVINGS



8

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 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

Directions

- 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



Properties

Glycemic Index:17.53, Glycemic Load:18.49, Inflammation Score:-4, Nutrition Score:25.566521888194%

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: 0g (100%), Alcohol %: 0% (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%)