



Grilled Honey-Dijon Brined Turkey Breast

 Gluten Free  Dairy Free

READY IN



865 min.

SERVINGS



8

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

11 cups water cold

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 165F.

Remove turkey from grill. Cover with foil; let stand 5 to 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:18.29, Inflammation Score:-4, Nutrition Score:25.516956453738%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 471.59kcal (23.58%), Fat: 10.43g (16.04%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 35.94g (11.98%), Net Carbohydrates: 35.15g (12.78%), Sugar: 35.17g (39.08%), Cholesterol: 153.09mg (51.03%), Sodium: 5488.81mg (238.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.94g (123.89%), Vitamin B3: 28.29mg (141.44%), Vitamin B6: 2.22mg (111.19%), Selenium: 70.57µg (100.81%), Phosphorus: 690.23mg (69.02%), Vitamin B12: 1.79µg (29.77%), Zinc: 3.94mg (26.29%), Vitamin B2: 0.44mg (25.8%), Vitamin B5: 2.28mg (22.77%), Potassium: 735.95mg (21.03%), Magnesium: 83.63mg (20.91%), Copper: 0.23mg (11.64%), Iron: 2.04mg (11.32%), Vitamin K: 9.71µg (9.25%), Vitamin B1: 0.13mg (8.38%), Manganese: 0.14mg (7.19%), Calcium: 66.31mg (6.63%), Folate: 22.23µg (5.56%), Vitamin E: 0.65mg (4.37%), Fiber: 0.8g (3.19%), Vitamin D: 0.28µg (1.89%), Vitamin A: 68.87IU (1.38%)