



Grilled Honey Mustard Turkey Breast



Gluten Free



Dairy Free

READY IN



230 min.

SERVINGS



8

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon rosemary dried crumbled
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 5 lb turkey breast whole bone-in frozen thawed
- ☐ 0.3 cup honey

Equipment

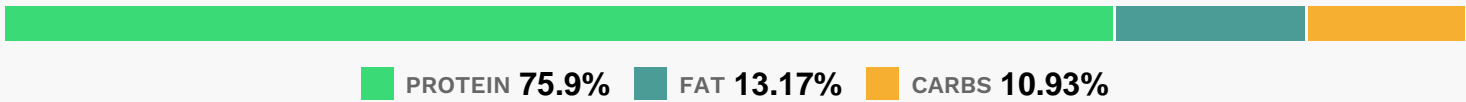
- ☐ bowl

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ If using charcoal grill, place drip pan with 1/2 inch water directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ In small bowl, mix basil, rosemary, salt and pepper. Rub basil mixture over all sides of turkey. Insert barbecue meat thermometer so tip is in thickest part of turkey and does not touch bone.
- ☐ Place turkey, skin side down, on grill over drip pan or over unheated side of gas grill.
- ☐ Brush with dressing. Cover and grill over medium heat 30 minutes. Turn turkey; brush with dressing. Cover and grill 2 to 3 hours longer, brushing occasionally with dressing, until thermometer reads 170°F and juice of turkey is no longer pink when center is cut.
- ☐ Remove turkey from grill; cover with foil.
- ☐ Let stand 10 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:19.28, Glycemic Load:4.56, Inflammation Score:-4, Nutrition Score:23.389999890133%

Nutrients (% of daily need)

Calories: 318.86kcal (15.94%), Fat: 4.71g (7.25%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 8.74g (3.18%), Sugar: 8.84g (9.82%), Cholesterol: 153.09mg (51.03%), Sodium: 729.83mg (31.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.12g (122.24%), Vitamin B3: 28.15mg (140.75%), Vitamin B6: 2.2mg (110.04%), Selenium: 64.44µg (92.06%), Phosphorus: 669.75mg (66.97%), Vitamin B12: 1.79µg (29.77%), Zinc: 3.71mg (24.76%), Vitamin B2: 0.42mg (24.47%), Vitamin B5: 2.21mg (22.06%), Potassium: 694.13mg (19.83%), Magnesium: 71.65mg (17.91%), Iron: 1.64mg (9.11%), Copper: 0.15mg (7.68%), Vitamin B1: 0.09mg (6.25%), Folate: 20.28µg (5.07%), Calcium: 42.17mg (4.22%), Manganese: 0.04mg (2.15%), Vitamin D: 0.28µg (1.89%), Vitamin E:

0.18mg (1.18%), Vitamin A: 57.7IU (1.15%), Vitamin K: 1.17µg (1.12%)