



Grilled Jamaican Turkey



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon thyme sprigs dried fresh chopped
- ☐ 1 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon pepper black
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 1 pound turkey breast tenderloins
- ☐ 1 small onion sliced

- ☐ 1 medium bell pepper green sliced
- ☐ 0.3 cup mango chutney

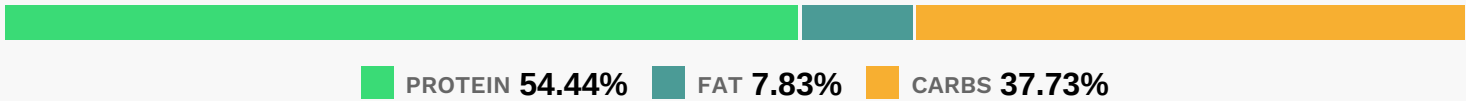
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat. Spray 9-inch length of aluminum foil with cooking spray.
- ☐ Mix thyme, allspice, cinnamon, nutmeg, black pepper and red pepper; rub on both sides of turkey.
- ☐ Place turkey on foil; top with onion and bell pepper. Cover with another 9-inch length of foil; fold edges together to seal packet.
- ☐ Grill packet 4 inches from medium heat 20 minutes. Open packet.
- ☐ Remove turkey; keep vegetable mixture warm. Grill turkey 4 to 5 minutes longer or until outside is brown and juices are no longer pink when center is cut.
- ☐ Cut tenderloin in half. Reserve half the turkey for Turkey-Brown Rice Pilaf. Turkey-Brown Rice Pilaf Thinly slice remaining turkey. Top with vegetable mixture and chutney.

Nutrition Facts



Properties

Glycemic Index:145.5, Glycemic Load:17.08, Inflammation Score:-10, Nutrition Score:7.8321737983952%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg, Quercetin: 8.42mg

Nutrients (% of daily need)

Calories: 396.16kcal (19.81%), Fat: 3.45g (5.31%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 34.38g (12.5%), Sugar: 23.62g (26.24%), Cholesterol: 101.24mg (33.75%), Sodium: 169.89mg (7.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.01g (108.03%), Vitamin C: 60.28mg (73.06%), Manganese: 0.31mg (15.48%), Fiber: 3.06g (12.25%), Vitamin B6: 0.2mg (10.13%), Vitamin A: 446.91IU (8.94%), Iron: 1.23mg (6.82%), Potassium: 227.5mg (6.5%), Copper: 0.13mg (6.38%), Folate: 19.59µg (4.9%), Vitamin K: 5.13µg (4.89%), Magnesium: 19.33mg (4.83%), Calcium: 47.54mg (4.75%), Vitamin B2: 0.08mg (4.55%), Vitamin B1: 0.06mg (4.07%), Phosphorus: 36.42mg (3.64%), Vitamin B3: 0.45mg (2.27%), Vitamin E: 0.32mg (2.16%), Zinc: 0.25mg (1.68%), Selenium: 1.09µg (1.55%), Vitamin B5: 0.13mg (1.29%)