



Grilled Turkey Breast

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



575 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 tablespoon cumin seeds
- 2 tablespoons cumin seeds
- 8 servings deep food-safe container
- 1 teaspoon ground coriander
- 2 jalapeño peppers halved
- 0.3 cup kosher salt
- 1 teaspoon oregano dried

- 1 tablespoon paprika
- 2 teaspoons pepper freshly ground
- 8 servings parsley-mint salsa verde
- 0.3 cup sugar
- 1 tablespoon salt
- 5 lb boned fresh

Equipment

- paper towels
- pot
- grill
- kitchen thermometer
- aluminum foil

Directions

- Stir together kosher salt, next 4 ingredients, and 2 qt. water in a large, deep food-safe container or stockpot until sugar is dissolved.
- Add turkey. Chill 8 hours or overnight, turning once.
- Coat cold cooking grate of grill with cooking spray, and place on grill. Light 1 side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- Remove turkey from brine. Rinse turkey, drain well, and pat dry with paper towels.
- Stir together table salt and next 5 ingredients. Rub skin of turkey with mixture.
- Place turkey, skin side down, over lit side of grill, and grill, without grill lid, 4 to 5 minutes or until slightly charred.
- Transfer to unlit side, skin side up. Grill, covered with grill lid, 30 to 40 minutes or until a meat thermometer inserted into thickest portion registers 16
- Return turkey, skin side down, to lit side, and grill, covered with grill lid, 4 to 5 minutes or until skin is crisp.
- Remove turkey from heat; cover loosely with aluminum foil.
- Let stand 10 minutes.

Serve with salsa verde.

*Frozen turkey breast, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:5.99, Inflammation Score:-7, Nutrition Score:26.32869596585%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 348.15kcal (17.41%), Fat: 5.93g (9.13%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.67g (4.24%), Sugar: 10.76g (11.95%), Cholesterol: 153.09mg (51.03%), Sodium: 6406.51mg (278.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.73g (123.46%), Vitamin B3: 28.39mg (141.97%), Vitamin B6: 2.24mg (112.25%), Selenium: 64.71µg (92.44%), Phosphorus: 686.16mg (68.62%), Vitamin B12: 1.79µg (29.77%), Zinc: 3.88mg (25.85%), Vitamin B2: 0.44mg (25.67%), Potassium: 834.36mg (23.84%), Vitamin B5: 2.24mg (22.39%), Magnesium: 83.74mg (20.93%), Iron: 3.47mg (19.26%), Vitamin A: 763.28IU (15.27%), Manganese: 0.21mg (10.55%), Copper: 0.19mg (9.53%), Vitamin B1: 0.11mg (7.57%), Calcium: 74.9mg (7.49%), Vitamin C: 5.62mg (6.82%), Folate: 22.19µg (5.55%), Vitamin E: 0.68mg (4.51%), Fiber: 0.99g (3.95%), Vitamin K: 3.84µg (3.66%), Vitamin D: 0.28µg (1.89%)