



Grilled Turkey Breast With Apricot-Plum Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all-natural apricot nectar
- ☐ 8 servings genesis gas barbecue
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 0.3 cup green onions minced
- ☐ 1 to 2 jalapeño peppers minced seeded
- ☐ 3 tablespoons brown sugar light
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 6 large plums diced peeled
- ☐ 3 tablespoons lite soy sauce
- ☐ 3 pound turkey breast bone-in

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Remove skin from turkey breast, and discard.
- ☐ Place turkey in a heavy-duty zip-top plastic bag or baking dish.
- ☐ Combine nectar and next 3 ingredients in a jar; cover tightly, and shake vigorously. Reserve and chill 3/4 cup nectar mixture.
- ☐ Pour remaining mixture over turkey breast, turning to coat; seal or cover and chill overnight, turning occasionally.
- ☐ Combine 1/4 cup reserved nectar mixture, plums, and next 4 ingredients in a medium bowl; cover and chill at least 1 hour.
- ☐ Remove turkey from marinade, discarding marinade.
- ☐ Place turkey on food rack over a drip pan.
- ☐ Cook, covered with grill lid, 1 1/2 to 2 hours or until a meat thermometer inserted in turkey registers 170, basting occasionally with remaining 1/2 cup reserved nectar mixture.
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve with plum mixture and mixed greens.

Nutrition Facts



Properties

Glycemic Index:22.71, Glycemic Load:2.05, Inflammation Score:-6, Nutrition Score:20.162174406259%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg, Epicatechin 3-gallate: 0.38mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 297.96kcal (14.9%), Fat: 9.95g (15.31%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.73g (5.36%), Sugar: 13.67g (15.19%), Cholesterol: 91.85mg (30.62%), Sodium: 732.44mg (31.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.89%), Vitamin B3: 17.48mg (87.41%), Vitamin B6: 1.38mg (69.16%), Selenium: 38.83µg (55.47%), Phosphorus: 423.63mg (42.36%), Vitamin K: 24.21µg (23.06%), Vitamin C: 16.94mg (20.53%), Vitamin B12: 1.07µg (17.86%), Vitamin B2: 0.28mg (16.54%), Potassium: 554.81mg (15.85%), Zinc: 2.35mg (15.67%), Vitamin B5: 1.46mg (14.59%), Vitamin A: 728.45IU (14.57%), Magnesium: 54.13mg (13.53%), Vitamin E: 1.44mg (9.59%), Iron: 1.69mg (9.38%), Manganese: 0.18mg (8.88%), Copper: 0.15mg (7.42%), Vitamin B1: 0.1mg (6.56%), Folate: 20.14µg (5.03%), Calcium: 48.7mg (4.87%), Fiber: 1.07g (4.27%), Vitamin D: 0.17µg (1.13%)