



Grilled Turkey Breast with Bacon, Green Tomato with Goat Cheese-Sage Mayonnaise

READY IN



64 min.

SERVINGS



4

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices bacon
- 0.5 turkey breast bone in
- 1 inch country bread white thick
- 1 tablespoon sage leaves fresh finely chopped
- 4 ounces goat cheese soft
- 2 tomatoes green cut into 1/ slices
- 4 servings salt and coarsely ground pepper black
- 4 ounces mayonnaise prepared

- 4 servings olive oil
- 4 servings watercress

Equipment

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

Directions

- Watch how to make this recipe.
- Preheat grill to high.
- Brush entire breast with oil and season well with salt and coarsely ground black pepper.
- Place the breast on the grill, skin-side down, and grill until golden brown and a crust has formed, about 4 to 5 minutes. Reduce the heat of the grill to medium, turn the breast over, close the cover of the grill and continue cooking until a meat thermometer inserted into the thickest part of the breast registers 165 degrees F, about 25 to 30 minutes.
- Remove the breast from the grill and let rest, loosely tented with foil, for 10 minutes. Slice the breast into 1/4-inch thick slices.
- Lay the bacon, lengthwise, over the grates of the grill and grill for approximately 2 minutes per side or until golden brown and slightly crunchy.
- Remove to a plate lined with paper towels.
- Mix together the goat cheese, mayonnaise, and sage in a small bowl. Season with salt and pepper, to taste. Divide the mayonnaise among 4 slices of the bread and top each with 4 slices of turkey, 2 green tomato slices, another slice of bread, 3 slices of bacon, some of the watercress, and top each with the remaining bread.

Nutrition Facts

 **PROTEIN 19.3%**  **FAT 78.09%**  **CARBS 2.61%**

Properties

Glycemic Index:47.19, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:31.061738998994%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 796.95kcal (39.85%), Fat: 69.42g (106.79%), Saturated Fat: 18.54g (115.88%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.22g (1.53%), Sugar: 3.03g (3.37%), Cholesterol: 126.42mg (42.14%), Sodium: 967.54mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.61g (77.21%), Copper: 4.93mg (246.35%), Vitamin K: 146.52µg (139.55%), Vitamin B3: 13.83mg (69.13%), Vitamin B6: 1.17mg (58.72%), Selenium: 39.76µg (56.8%), Phosphorus: 465.73mg (46.57%), Vitamin A: 1837.47IU (36.75%), Vitamin C: 29.01mg (35.16%), Vitamin E: 3.92mg (26.14%), Vitamin B2: 0.39mg (23%), Vitamin B1: 0.32mg (21.03%), Vitamin B5: 1.86mg (18.57%), Potassium: 649.53mg (18.56%), Vitamin B12: 1.09µg (18.23%), Manganese: 0.36mg (17.77%), Zinc: 2.59mg (17.28%), Magnesium: 55.74mg (13.93%), Calcium: 120.82mg (12.08%), Iron: 2.11mg (11.7%), Folate: 21.64µg (5.41%), Fiber: 0.99g (3.98%), Vitamin D: 0.54µg (3.61%)