



Grilled Turkey Breast with Chili Cumin Rub

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

READY IN



200 min.

SERVINGS



8

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar packed
- 2 teaspoons paprika
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 0.5 teaspoon ground mustard
- 0.5 teaspoon ground ginger
- 0.5 teaspoon highest available proof grain spirit
- 0.5 teaspoon salt

- 5 lb turkey breast whole bone-in frozen thawed
- 2 tablespoons butter firm

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 all ingredients except turkey and butter. Loosen skin on turkey breast in 4 or 5 places.
- Cut butter into small slices; place randomly under skin of turkey. Rub chili powder mixture over entire outside 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. Cover and grill over medium heat 30 minutes; turn turkey. Cover and grill 1 hour 30 minutes to 2 hours longer or 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



PROTEIN 74.28% **FAT 21.07%** **CARBS 4.65%**

Properties

Glycemic Index:9.5, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:24.297826061592%

Nutrients (% of daily need)

Calories: 328.1kcal (16.41%), Fat: 7.73g (11.9%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 3.49g (1.27%), Sugar: 3.15g (3.5%), Cholesterol: 153.09mg (51.03%), Sodium: 768.12mg (33.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.34g (122.68%), Vitamin B3: 28.27mg (141.34%), Vitamin B6: 2.22mg (110.91%), Selenium: 64.82µg (92.61%), Phosphorus: 676.12mg (67.61%), Vitamin B12: 1.79µg (29.83%), Zinc: 3.76mg (25.08%), Vitamin B2: 0.42mg (24.88%), Vitamin B5: 2.22mg (22.24%), Potassium: 716.18mg (20.46%), Magnesium: 74.71mg (18.68%), Iron: 1.91mg (10.61%), Vitamin A: 505.6IU (10.11%), Copper: 0.16mg (8.01%), Vitamin B1: 0.1mg (6.61%), Folate: 20.76µg (5.19%), Calcium: 48.16mg (4.82%), Manganese: 0.09mg (4.57%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.28µg (1.89%), Fiber: 0.34g (1.36%)