



## Grilled Turkey Breast with Honey-Apple Glaze



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



10

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup spiced apple butter
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon cooking oil
- ☐ 0.3 teaspoon paprika
- ☐ 4 lb turkey breast fresh whole skinless thawed

## Equipment

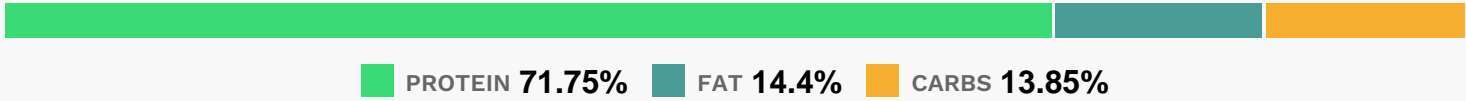
- ☐ bowl

- ☐ frying pan
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ Heat gas or charcoal grill for indirect cooking as directed by manufacturer. In small bowl, combine all ingredients except turkey breast; blend well.
- ☐ When grill is heated, carefully oil grill rack.
- ☐ Place turkey breast on grill directly over drip pan. Insert meat thermometer into thickest part of breast.
- ☐ Brush turkey with apple butter mixture. Cover grill; cook 1 to 1 1/2 hours or until thermometer registers 170°F. and juices run clear when pierced with fork, brushing turkey breast occasionally with apple butter mixture.
- ☐ Remove turkey breast from grill.
- ☐ Let stand 15 minutes before slicing. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:9.93, Glycemic Load:1.81, Inflammation Score:-3, Nutrition Score:16.627826071628%

## Nutrients (% of daily need)

Calories: 216.87kcal (10.84%), Fat: 3.5g (5.38%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.33g (2.67%), Sugar: 6.88g (7.65%), Cholesterol: 97.98mg (32.66%), Sodium: 391.87mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.4%), Vitamin B3: 18.03mg (90.16%), Vitamin B6: 1.41mg (70.64%), Selenium: 41.77µg (59.67%), Phosphorus: 430.89mg (43.09%), Vitamin B12: 1.14µg (19.05%), Zinc: 2.39mg (15.9%), Vitamin B2: 0.27mg (15.77%), Vitamin B5: 1.42mg (14.19%), Potassium: 453.21mg (12.95%), Magnesium: 46.63mg (11.66%), Iron: 1.06mg (5.89%), Copper: 0.1mg (5.24%), Vitamin B1: 0.06mg (4.25%), Folate: 13.01µg (3.25%), Calcium: 28.03mg (2.8%), Manganese: 0.05mg (2.64%), Vitamin E: 0.2mg (1.36%), Vitamin A: 64.05IU (1.28%), Vitamin D: 0.18µg (1.21%)