



 **68%**
HEALTH SCORE

Grilled Turkey Po' Boy

 Very Healthy

READY IN



960 min.

SERVINGS



3

CALORIES



1292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium anaheim chili roughly chopped
- 2 tablespoons bbq sauce memphis-style
- 3 tablespoons butter softened
- 3 cups buttermilk
- 1 teaspoon cayenne pepper
- 0.5 stalk celery
- 1 tablespoon basil dried
- 0.3 cup flat-leaf parsley italian loosely packed

- 1 baguette whole wheat split french cut into 3 to 4 equal pieces
- 1 tablespoon sea salt
- 2 green onions ends trimmed roughly chopped
- 1 teaspoon ground pepper white
- 4 to 5 heirloom tomatoes sliced
- 0.5 cup hot sauce (recommended: Crystal)
- 1 juice of lemon juiced
- 2 tablespoons kosher salt
- 0.7 cup mayonnaise
- 2 tablespoons mustard creole-style
- 0.5 teaspoon cracked pepper fresh black
- 1 tablespoon cracked pepper fresh black
- 0.3 cup pepperoncini drained
- 0.3 large bell pepper red seeds removed
- 1.5 cups romaine lettuce dark shredded green loosely packed
- 0.5 teaspoon sea salt
- 1 teaspoon sriracha sauce
- 2.5 pound turkey breast bone-in

Equipment

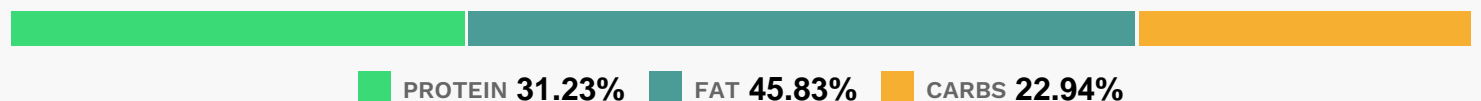
- food processor
- bowl
- baking sheet
- paper towels
- oven
- wire rack
- blender
- grill
- aluminum foil

- ziploc bags

Directions

- Watch how to make this recipe.
- Preheat the oven to a low broil. Butter the bread and place on a baking sheet. Broil until golden, 2 to 3 minutes, and remove from the oven.
- Spread Miss Dixie's Remoulade on both sides of the bread.
- Layer on the turkey, tomatoes, pepperoncini and romaine. Top with other half of bread and serve immediately.
- In a food processor, add all ingredients and process until smooth, 25 to 35 seconds depending on blender speed. Scrape down sides as needed. Refrigerate until ready to use.
- Combine all the ingredients together in a large re-sealable plastic bag.
- Place in a bowl, to catch any leaks, and refrigerate 12 to 24 hours.
- Preheat the oven to 325 degrees F.
- Remove the turkey breast from the brine, drain well and pat dry with paper towels.
- Place the turkey breast, skin-side up, on a baking sheet fitted with a wire rack.
- Place in the oven and cook for 1 hour 15 minutes. Turn the oven up to 400 degrees F and cook for an additional 10 to 15 minutes, or until the internal temperature is 160 degrees F and the skin is nicely browned.
- Remove from the oven, cover with aluminum foil and let rest for 10 minutes.
- Meanwhile, preheat the grill to medium heat and oil the grates generously with vegetable oil.
- Once the turkey has rested, cut the meat off the bone and carve into 3/8-inch thick slices.
- Place the slices on the grill and cook 1 to 2 minutes on each side, just until grill marks develop.
- Remove from the grill.

Nutrition Facts



Properties

Glycemic Index:167.25, Glycemic Load:33.87, Inflammation Score:-10, Nutrition Score:63.157825884612%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 14.55mg, Apigenin: 14.55mg, Apigenin: 14.55mg, Apigenin: 14.55mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 1292.05kcal (64.6%), Fat: 66.53g (102.35%), Saturated Fat: 19.36g (121%), Carbohydrates: 74.95g (24.98%), Net Carbohydrates: 66.48g (24.17%), Sugar: 27.57g (30.64%), Cholesterol: 281.52mg (93.84%), Sodium: 8401mg (365.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.01g (204.02%), Vitamin K: 280.68µg (267.31%), Vitamin B3: 43.43mg (217.17%), Vitamin B6: 3.53mg (176.61%), Selenium: 114.97µg (164.25%), Phosphorus: 1291.91mg (129.19%), Vitamin C: 103.68mg (125.68%), Vitamin A: 5944.63IU (118.89%), Vitamin B2: 1.41mg (82.75%), Manganese: 1.3mg (64.89%), Potassium: 2168.1mg (61.95%), Vitamin B12: 3.57µg (59.48%), Vitamin B1: 0.89mg (59.46%), Folate: 228.1µg (57.02%), Calcium: 530.51mg (53.05%), Zinc: 7.46mg (49.74%), Magnesium: 198.13mg (49.53%), Iron: 8.64mg (48.01%), Vitamin B5: 4.74mg (47.42%), Fiber: 8.47g (33.9%), Copper: 0.62mg (31.06%), Vitamin E: 4.56mg (30.39%), Vitamin D: 3.6µg (23.98%)