



## Grilled Turkey with Cranberry Compote

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**290 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups apple cider
- 1 bay leaf
- 0.8 cup carrots chopped
- 0.8 cup celery chopped
- 1.5 cups cranberries
- 4 servings cranberry compote
- 0.3 cup sage fresh minced
- 1 tablespoon thyme leaves fresh minced

- 4 cups low-salt chicken broth
- 1 tablespoon olive oil
- 0.8 cup onion chopped
- 0.3 teaspoon pepper
- 1 Dash pepper
- 0.3 teaspoon salt
- 1 Dash salt
- 1 pound turkey breast tenderloins

## Equipment

- bowl
- sieve
- grill
- dutch oven

## Directions

- Coat a large Dutch oven with cooking spray, and place over medium-high heat until hot.
- Add onion, celery, and carrot; saute 5 minutes.
- Add cider; bring to a boil, and cook 10 minutes.
- Add broth, cranberries, and bay leaf; bring to a boil. Reduce heat, and simmer, uncovered, 1 hour and 30 minutes. Strain mixture through a sieve into a large bowl, reserving 1 cup liquid; discard remaining liquid and solids.
- Add dash of salt and dash of pepper to reserved liquid; set sauce aside, and keep warm.
- Combine sage, thyme, oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Rub mixture over both sides of turkey.
- Prepare grill.
- Place turkey on grill rack coated with cooking spray, and grill for 10 minutes on each side or until the turkey is done.
- Cut turkey across grain into thin slices.
- Serve with sauce and Cranberry Compote.

# Nutrition Facts

PROTEIN 43.09% FAT 20.57% CARBS 36.34%

## Properties

Glycemic Index:86.4, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:15.541304342125%

## Flavonoids

Cyanidin: 17.9mg, Cyanidin: 17.9mg, Cyanidin: 17.9mg, Cyanidin: 17.9mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.93mg, Peonidin: 18.93mg, Peonidin: 18.93mg, Peonidin: 18.93mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 7.24mg, Epicatechin: 7.24mg, Epicatechin: 7.24mg, Epicatechin: 7.24mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 2.58mg, Myricetin: 2.58mg, Myricetin: 2.58mg, Myricetin: 2.58mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg

## Nutrients (% of daily need)

Calories: 290.08kcal (14.5%), Fat: 6.82g (10.5%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 27.13g (9.04%), Net Carbohydrates: 23.68g (8.61%), Sugar: 15.97g (17.74%), Cholesterol: 50.62mg (16.87%), Sodium: 340.47mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.17g (64.34%), Copper: 2.66mg (132.86%), Vitamin A: 4204.86IU (84.1%), Manganese: 0.45mg (22.54%), Vitamin B3: 3.72mg (18.62%), Vitamin C: 13.49mg (16.35%), Potassium: 539.09mg (15.4%), Fiber: 3.45g (13.82%), Vitamin K: 13.11µg (12.49%), Phosphorus: 107.36mg (10.74%), Vitamin B2: 0.14mg (8.29%), Vitamin E: 1.24mg (8.27%), Vitamin B6: 0.16mg (7.84%), Iron: 1.34mg (7.45%), Calcium: 57.77mg (5.78%), Magnesium: 23mg (5.75%), Folate: 18.32µg (4.58%), Vitamin B1: 0.07mg (4.43%), Vitamin B12: 0.24µg (3.93%), Vitamin B5: 0.33mg (3.3%), Zinc: 0.48mg (3.18%)