



Grilled Turkey With Slaw

 Dairy Free

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READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pickling spice
- ☐ 4 cups coleslaw mix shredded
- ☐ 4 multigrain dinner rolls
- ☐ 0.3 cup catsup
- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 pounds turkey breast boneless skinless

☐ 2 tablespoons worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Preheat a grill to medium.
- ☐ Put the pickling spice and 2 teaspoons salt in a spice grinder and pulse to coarsely grind. (Or pile on a cutting board and crush with the bottom of a small skillet.)
- ☐ Put the turkey in a large bowl and rub all over with the spice mixture.
- ☐ Add the Worcestershire sauce and olive oil and turn the meat to coat on all sides.
- ☐ Let sit 10 minutes at room temperature.
- ☐ Meanwhile, whisk the mayonnaise and ketchup in another large bowl.
- ☐ Add the coleslaw mix and toss to coat.
- ☐ Put the turkey on the grill, cover and cook until marked, about 5 minutes per side. Uncover, turn the meat and continue grilling until cooked through, about 5 more minutes per side. (A thermometer inserted into the thickest part should register 155 degrees F.)
- ☐ Remove the turkey from the grill and let rest 5 minutes before slicing.
- ☐ Serve with the slaw and rolls.
- ☐ Per serving: Calories: 460; Total Fat: 20 grams; Saturated Fat: 3 grams; Protein: 47 grams; Total carbohydrates: 23 grams; Sugar: 0 grams; Fiber: 6 grams; Cholesterol: 74 milligrams; Sodium: 1626 milligrams
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



 **PROTEIN 40.34%**  **FAT 36.42%**  **CARBS 23.24%**

Properties

Glycemic Index:24.75, Glycemic Load:1.12, Inflammation Score:-4, Nutrition Score:17.375652390978%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 547.08kcal (27.35%), Fat: 22.46g (34.55%), Saturated Fat: 3.4g (21.22%), Carbohydrates: 32.24g (10.75%), Net Carbohydrates: 27.24g (9.9%), Sugar: 7.24g (8.05%), Cholesterol: 149.53mg (49.84%), Sodium: 888.96mg (38.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.95g (111.9%), Vitamin K: 110.41µg (105.15%), Manganese: 0.75mg (37.65%), Iron: 6.67mg (37.06%), Vitamin C: 27.42mg (33.24%), Selenium: 15.14µg (21.63%), Calcium: 216.19mg (21.62%), Fiber: 5g (20%), Folate: 67.62µg (16.91%), Vitamin B1: 0.24mg (16.33%), Vitamin E: 2.28mg (15.18%), Vitamin B2: 0.2mg (12.02%), Vitamin B3: 2.36mg (11.8%), Potassium: 328.99mg (9.4%), Magnesium: 37.11mg (9.28%), Vitamin B6: 0.18mg (9.16%), Phosphorus: 81.31mg (8.13%), Copper: 0.13mg (6.73%), Zinc: 0.68mg (4.55%), Vitamin A: 227.28IU (4.55%), Vitamin B5: 0.38mg (3.78%)