



## Grilling: Turkey Breast with Cranberry Stuffing

READY IN



120 min.

SERVINGS



4

CALORIES



1333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 0.5 cup chicken stock see
- 3 cups cornbread crumbled
- 0.5 cup cranberries dried roughly chopped
- 4 servings canned tomatoes
- 2 teaspoons sage fresh finely chopped
- 4 servings disposable grill pan
- 1 teaspoon kosher salt

- 4 servings pepper black freshly ground for seasoning
- 1 tablespoon olive oil
- 1 small onion finely chopped
- 0.3 cup pecans roughly chopped
- 2 turkey breast boneless skinless
- 2 quarts water ice cold
- 0.3 cup granulated sugar white

## Equipment

- bowl
- frying pan
- paper towels
- whisk
- grill
- kitchen thermometer
- kitchen twine

## Directions

- To make the brine, combine water, salt, and sugar in a large bowl and whisk to dissolve.
- Place turkey breasts in brine and place in refrigerator for 1 hour.
- While turkey is brining, melt butter in a medium skillet over medium heat.
- Add onions and sautee until softened, about 5 to 7 minutes.
- Place onions in a large bowl along with cornbread, cranberries, chicken stock, pecans, sage, 1 teaspoon of salt, and black pepper.
- Mix to thoroughly combine.
- Remove turkey breasts from brine and pat dry with paper towels. Butterfly turkey breasts open and pound out to a rectangle of even thickness.
- Spread half of the stuffing in an even thickness over each of the breasts, leaving about 1/2 an inch edge with no stuffing. Starting with the long end of the turkey breast, roll tightly into a cylinder. Tie closed with butchers twine about every 1 1/2 to 2 inches. Season turkey breasts

all over with salt and pepper and brush lightly with olive oil.

Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover gill and allow to preheat for 5 minutes. Clean and oil the grilling grate. Sear turkey breasts over hot side of grill until browned on all sides, about 4 minutes per side. Move turkey to cool side of the grill, cover, and cook until an instant read thermometer reads 165 degrees when inserted into the center of the turkey.

Remove from grill, let stand for 15 minutes. Slice turkey between each piece of twine, remove twine, and serve.

## Nutrition Facts

**PROTEIN 30.95%** **FAT 31.54%** **CARBS 37.51%**

### Properties

Glycemic Index:55.27, Glycemic Load:9.17, Inflammation Score:-8, Nutrition Score:45.610869428386%

### Flavonoids

Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg, Cyanidin: 1.07mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

### Nutrients (% of daily need)

Calories: 1333.01kcal (66.65%), Fat: 47.21g (72.64%), Saturated Fat: 17.64g (110.24%), Carbohydrates: 126.34g (42.11%), Net Carbohydrates: 120.09g (43.67%), Sugar: 53.82g (59.8%), Cholesterol: 327.69mg (109.23%), Sodium: 2922.52mg (127.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 104.25g (208.5%), Vitamin B3: 42.94mg (214.71%), Copper: 3.59mg (179.34%), Phosphorus: 1656.34mg (165.63%), Vitamin B6: 3.24mg (161.93%), Selenium: 105.31µg (150.45%), Calcium: 631.59mg (63.16%), Vitamin B2: 0.93mg (54.64%), Manganese: 1.04mg (51.94%), Vitamin B12: 2.88µg (47.95%), Zinc: 6.84mg (45.58%), Vitamin B5: 4.2mg (41.97%), Magnesium: 149.4mg (37.35%), Potassium: 1292.51mg (36.93%), Vitamin B1: 0.55mg (36.67%), Iron: 5.96mg (33.12%), Folate: 131.99µg (33%), Fiber: 6.25g (25.01%), Vitamin E: 2.27mg (15.11%), Vitamin A: 559.73IU (11.19%), Vitamin K: 11.33µg (10.79%), Vitamin D: 0.39µg (2.6%), Vitamin C: 1.68mg (2.04%)