



Herbed Turkey Breast in Gravy with Creamed English Peas and Cranberry Compote

 Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



1468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken stock see
- 1.5 cups chicken stock see (enough to fill pan up to)
- 1 cup cranberries
- 2 tablespoons flour all-purpose
- 1 tablespoon chives fresh chopped
- 0.5 teaspoon parsley fresh chopped
- 2 cups peas fresh

- 0.5 teaspoon sage fresh chopped
- 0.5 teaspoon thyme leaves fresh chopped
- 1 sprig thyme leaves fresh
- 4 tablespoons granulated sugar
- 1 tablespoon grapeseed oil
- 2 tablespoons grapeseed oil divided
- 1 pinch ground allspice
- 2 servings salt and ground pepper white
- 0.5 cup heavy cream
- 1 orange zest juiced
- 2 tablespoons parmesan grated
- 1 baking potatoes
- 1 sage leaf fresh
- 2 servings salt and pepper
- 1 turkey breast half boneless
- 2 tablespoons butter unsalted
- 2 tablespoons butter unsalted at room temperature

Equipment

- frying pan
- sauce pan
- whisk

Directions

- For the cranberries: In a saucepan over medium-high heat bring the cranberries, orange juice and zest, allspice, and sugar to a boil. Cook, stirring occasionally, until the cranberry skins begin to burst, 10 to 12 minutes. Reduce the heat to medium-low and cook until thickened and the liquid has reduced.
- Remove from the heat and set aside to cool.

- For the turkey: Blend the fresh herbs, salt, and pepper with 1 tablespoon oil and rub over the turkey breast.
- Heat a large saute pan over medium-high heat and add the remaining 1 tablespoon oil. Sear the turkey breast until browned, reduce the heat, flip the breast, and add the chicken stock to fill the pan up to 1/4-inch. Cover the pan and cook until cooked through, about 20 minutes.
- Remove the turkey from the pan and keep warm.
- Place the turkey pan over medium heat, stir in the flour, and whisk until well blended.
- Add the chicken stock, thyme, and sage. Cook for 5 to 6 minutes until thickened. Strain sauce into a clean pan and whisk in the butter. Keep on low heat to keep warm.
- For the peas: Bring a saucepan of salted water to a boil. Blanch the peas and drain them.
- Pour out the water from the pan. In the same saucepan, melt the butter over medium heat.
- Add the flour, salt, and white pepper and whisk together until smooth, 1 to 2 minutes.
- Add the cream, reduce the heat to medium-low, and then add the cheese and peas, cooking until thickened and peas are softened, 10 to 12 minutes.
- For the potatoes: Peel and slice the potato on the bias.
- Heat the oil in a saute pan over high heat and heat until just about smoking. (It's important to have high heat so you get a good browning!)
- Add the potato slices to the pan and cook for 3 minutes on one side. Flip the potatoes. Season with salt and pepper. Stir in the chives. Turn off the heat.
- For plating: Plate the creamed peas in the center of the plate. Slice the turkey breast on the bias and place on top of the peas.
- Drizzle the cranberry sauce on the side of the peas. Spoon the gravy over turkey breast.

Nutrition Facts



Properties

Glycemic Index:318.09, Glycemic Load:43.63, Inflammation Score:-10, Nutrition Score:59.508260644001%

Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg

0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 1468.46kcal (73.42%), Fat: 77.61g (119.4%), Saturated Fat: 33.21g (207.59%), Carbohydrates: 91.57g (30.52%), Net Carbohydrates: 78.52g (28.55%), Sugar: 41.74g (46.38%), Cholesterol: 352.23mg (117.41%), Sodium: 1519.83mg (66.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 106.66g (213.32%), Vitamin B3: 48.21mg (241.06%), Vitamin B6: 3.89mg (194.7%), Selenium: 103.83µg (148.33%), Phosphorus: 1316.43mg (131.64%), Copper: 2.39mg (119.61%), Vitamin C: 83.15mg (100.79%), Vitamin B2: 1.25mg (73.74%), Potassium: 2200.91mg (62.88%), Manganese: 1.19mg (59.39%), Vitamin A: 2963.09IU (59.26%), Vitamin E: 8.46mg (56.42%), Zinc: 8.07mg (53.8%), Vitamin B1: 0.8mg (53.18%), Fiber: 13.05g (52.2%), Magnesium: 199.66mg (49.91%), Vitamin K: 48.58µg (46.27%), Vitamin B12: 2.66µg (44.26%), Folate: 173.35µg (43.34%), Vitamin B5: 3.92mg (39.16%), Iron: 6.96mg (38.68%), Calcium: 242.87mg (24.29%), Vitamin D: 1.79µg (11.91%)