



Honey-Glazed Turkey Breast with Roasted Pineapple

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



16

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 pounds turkey breast whole bone-in frozen thawed
- 3 pounds pineapple
- 0.5 cup wine dry white
- 2 tablespoons honey
- 2 tablespoons soya sauce
- 1 teaspoon ground ginger finely chopped
- 1 large clove garlic finely chopped

- 2 teaspoons cornstarch
- 2 tablespoons water cold

Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- measuring cup

Directions

- Heat oven to 325°F.
- Place turkey breast, skin side up, on rack in shallow roasting pan. Insert meat thermometer so tip is in thickest part of meat and does not touch bone. Roast uncovered 1 hour.
- Cut rind from pineapple.
- Cut pineapple lengthwise in half; cut out core.
- Cut each half crosswise into 8 slices.
- Mix wine, honey, soy sauce, gingerroot and garlic. Arrange pineapple on rack around turkey.
- Brush turkey and pineapple with wine mixture. Roast uncovered about 1 hour longer, brushing turkey and pineapple frequently with wine mixture, until thermometer reads 165°F.
- Remove turkey and pineapple from pan; keep warm. Discard any remaining wine mixture.
- Pour pan drippings into measuring cup; skim off any excess fat.
- Add enough water to drippings to measure 1 cup.
- Heat drippings to boiling in 1-quart saucepan.
- Mix cornstarch and cold water; stir into drippings. Boil and stir 1 minute.
- Serve with turkey.

Nutrition Facts



■ PROTEIN **59.73%** ■ FAT **10.62%** ■ CARBS **29.65%**

Properties

Glycemic Index:10.68, Glycemic Load:7.03, Inflammation Score:-4, Nutrition Score:17.33260868425%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 188.5kcal (9.43%), Fat: 2.23g (3.43%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.77g (4.64%), Sugar: 10.71g (11.9%), Cholesterol: 68.89mg (22.96%), Sodium: 390mg (16.96%), Alcohol: 0.77g (100%), Alcohol %: 0.43% (100%), Protein: 28.21g (56.42%), Vitamin B3: 13.2mg (66%), Vitamin B6: 1.1mg (54.8%), Vitamin C: 40.73mg (49.36%), Manganese: 0.86mg (43.22%), Selenium: 29.19µg (41.71%), Phosphorus: 312.79mg (31.28%), Vitamin B12: 0.8µg (13.4%), Vitamin B2: 0.22mg (12.83%), Zinc: 1.79mg (11.95%), Potassium: 415.3mg (11.87%), Vitamin B5: 1.19mg (11.85%), Magnesium: 44.14mg (11.04%), Copper: 0.17mg (8.29%), Vitamin B1: 0.11mg (7.43%), Folate: 24.79µg (6.2%), Iron: 1.05mg (5.83%), Fiber: 1.24g (4.95%), Calcium: 30.74mg (3.07%), Vitamin A: 74.9IU (1.5%)