



Mahogany Turkey Breast with Vegetable Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup celery thinly sliced
- ☐ 2 tablespoons cooking sherry dry
- ☐ 14.5 ounce less-sodium chicken broth fat-free divided canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 3 tablespoons soya sauce low-sodium divided
- ☐ 2 tablespoons blackstrap molasses

- ☐ 2 cups onion thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 5 pound turkey breast bone-in

Equipment

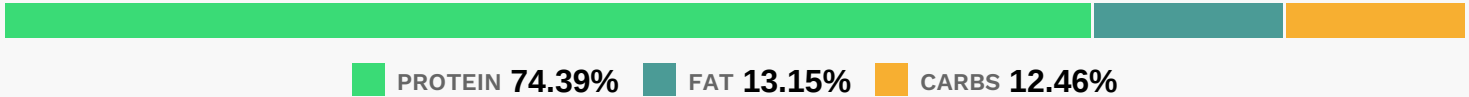
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Combine the onion, carrot, and celery in a roasting pan coated with cooking spray.
- ☐ Add 1 tablespoon soy sauce and 2/3 cup broth; stir to coat.
- ☐ Place turkey breast, skin side up, on vegetables.
- ☐ Sprinkle with pepper and salt. Insert meat thermometer into turkey breast, making sure it does not touch bone.
- ☐ Bake at 350 for 1 hour; baste turkey with 2 tablespoons broth every 30 minutes.
- ☐ Combine 2 tablespoons soy sauce, sherry, and molasses in a small bowl.
- ☐ Bake turkey an additional 45 minutes or until thermometer registers 180, brushing with sherry mixture every 15 minutes.
- ☐ Place turkey on a platter. Cover turkey loosely with foil; let stand 15 minutes. Do not discard drippings.

- ☐ Combine the remaining chicken broth and flour, stirring with a whisk until well blended to form a slurry.
- ☐ Drain the onion mixture and drippings into a colander over a bowl, reserving both.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure or bowl.
- ☐ Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag.
- ☐ Drain the drippings into a medium saucepan, stopping before fat layer reaches opening; discard fat.
- ☐ Add the reserved onion mixture to pan; stir in slurry. Bring to a boil; reduce heat and simmer 5 minutes.
- ☐ Serve turkey with gravy.

Nutrition Facts



Properties

Glycemic Index:33.98, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:28.675217312315%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 336.55kcal (16.83%), Fat: 4.92g (7.57%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 9.16g (3.33%), Sugar: 6.56g (7.29%), Cholesterol: 153.09mg (51.03%), Sodium: 1102.6mg (47.94%), Alcohol: 0.39g (100%), Alcohol %: 0.12% (100%), Protein: 62.63g (125.26%), Vitamin B3: 28.82mg (144.1%), Vitamin B6: 2.32mg (116.24%), Selenium: 66.97µg (95.68%), Phosphorus: 706.81mg (70.68%), Vitamin A: 2759.49IU (55.19%), Vitamin B12: 1.89µg (31.48%), Vitamin B2: 0.47mg (27.38%), Potassium: 926.95mg (26.48%), Zinc: 3.88mg (25.9%), Vitamin B5: 2.43mg (24.34%), Magnesium: 95.04mg (23.76%), Iron: 2.13mg (11.84%), Manganese: 0.24mg (11.77%), Copper: 0.21mg (10.63%), Folate: 37.69µg (9.42%), Vitamin B1: 0.14mg (9.3%), Calcium: 71.88mg (7.19%),

Fiber: 1.33g (5.31%), Vitamin C: 4.1mg (4.97%), Vitamin K: 4.34µg (4.14%), Vitamin E: 0.33mg (2.18%), Vitamin D: 0.28µg (1.89%)