



## Mango-Glazed Turkey Breast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 7 pound turkey breast whole boneless
- ☐ 3 cups cilantro leaves and tender stems
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 1.3 cups mango chutney plus more for serving
- ☐ 2 cups mint leaves
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.8 cup water

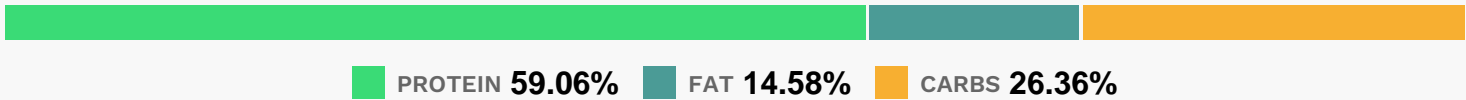
### Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ microwave
- ☐ grill pan
- ☐ cutting board

## Directions

- ☐ Light a grill or heat a grill pan. Set the turkey skin side down on a work surface. With the knife parallel to the work surface, cut through the breast, leaving 1 inch of meat attached at one side, then open it up like a book; the goal is to have meat that is of even thickness. Season with salt and pepper. Grill the turkey over moderate heat, turning once, until the skin is crisp and the meat is just cooked through, about 25 minutes.
- ☐ Meanwhile, microwave 1 cup of the mango chutney until it melts slightly, about 1 minute; scrape into a food processor and puree until smooth.
- ☐ Transfer the pureed chutney to a bowl. In the same food processor, puree the remaining chutney with the cilantro, mint, water and oil until smooth; season with salt and pepper.
- ☐ Once the turkey is just cooked through, brush it with the plain pureed chutney and grill, turning once, until the chutney forms a sticky glaze, about 2 minutes per side.
- ☐ Transfer the turkey to a cutting board, cover with foil and let rest for 10 minutes. Carve the turkey and serve with the cilantro-mint sauce and chutney.

## Nutrition Facts



## Properties

Glycemic Index:10.88, Glycemic Load:19.83, Inflammation Score:-8, Nutrition Score:32.339130463807%

## Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 581.67kcal (29.08%), Fat: 9.46g (14.56%), Saturated Fat: 1.55g (9.71%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 36.85g (13.4%), Sugar: 26.02g (28.91%), Cholesterol: 214.32mg (71.44%), Sodium: 1035.8mg (45.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 86.24g (172.47%), Vitamin B3: 39.67mg (198.33%), Vitamin B6: 3.11mg (155.5%), Selenium: 91.21µg (130.3%), Phosphorus: 957.85mg (95.79%), Vitamin B12: 2.5µg (41.67%), Vitamin B2: 0.66mg (38.56%), Zinc: 5.35mg (35.66%), Vitamin B5: 3.16mg (31.59%), Potassium: 1096.73mg (31.34%), Magnesium: 112.14mg (28.03%), Vitamin K: 20.23µg (19.26%), Vitamin A: 962.16IU (19.24%), Iron: 3.1mg (17.21%), Copper: 0.31mg (15.69%), Folate: 50.17µg (12.54%), Vitamin C: 9.87mg (11.97%), Manganese: 0.21mg (10.37%), Vitamin B1: 0.15mg (10.18%), Calcium: 98.36mg (9.84%), Fiber: 1.65g (6.61%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.4µg (2.65%)