



Maple-Brined Turkey Breast with Mushroom Pan Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



599 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 1 teaspoon pepper black divided freshly ground
- 1 teaspoon peppercorns whole black
- 1 cup brown sugar packed
- 0.3 cup butter chilled
- 2 cups crimini mushrooms finely chopped
- 4 cups fat-skimmed beef broth fat-free
- 1 tablespoon flour all-purpose

- 1 tablespoon parsley fresh chopped
- 6 garlic clove crushed
- 0.3 cup kosher salt
- 0.8 cup soy sauce low-sodium
- 1.5 cups maple syrup
- 1 tablespoon olive oil
- 0.3 cup shallots chopped
- 4 pound turkey breast boneless
- 2 tablespoons water
- 3 quarts water

Equipment

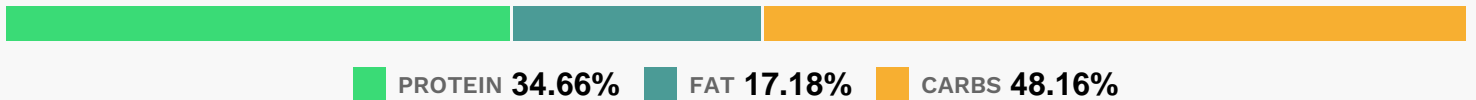
- bowl
- frying pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- dutch oven

Directions

- Combine first 8 ingredients in a large Dutch oven. Bring to a boil, stirring to dissolve sugar and salt. Cool completely.
- Add turkey to brine; cover and chill 4 hours.
- Remove turkey from brine; discard brine. Rinse turkey; pat dry. Loosen skin from breast by inserting fingers, gently pushing between skin and meat. Rub 1/2 teaspoon ground pepper under loosened skin.
- Place on a roasting pan coated with cooking spray.

- Preheat oven to 40
- Bake turkey at 400 for 45 minutes or until a thermometer registers 16
- Remove from oven; cover loosely with foil.
- Let stand 15 minutes.
- Remove skin, and discard.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add shallots; saut 1 minute.
- Add mushrooms; saut 6 minutes or until lightly browned.
- Add broth; bring to a boil, and cook until reduced to 2 cups (about 20 minutes).
- Combine flour and 2 tablespoons water in a small bowl; stir with a whisk. Stir flour mixture into mushroom mixture; simmer 3 minutes or until slightly thickened, stirring frequently with a whisk.
- Remove from heat; stir in butter, 1 tablespoon at a time. Stir in parsley and remaining 1/2 teaspoon ground pepper.
- Serve gravy with sliced turkey breast.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:15.98, Inflammation Score:-6, Nutrition Score:31.740434745084%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 599.43kcal (29.97%), Fat: 11.61g (17.86%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 73.21g (24.4%), Net Carbohydrates: 72.39g (26.32%), Sugar: 64.18g (71.32%), Cholesterol: 137.72mg (45.91%), Sodium: 5408.24mg (235.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.7g (105.39%), Vitamin B3: 24.28mg (121.41%), Vitamin B6: 1.9mg (95.02%), Manganese: 1.74mg (87.11%), Selenium: 59.96µg (85.65%), Vitamin B2: 1.28mg (75.18%), Phosphorus: 622.3mg (62.23%), Vitamin B12: 1.69µg (28.1%), Potassium: 970.88mg (27.74%), Zinc: 3.92mg (26.12%),

Magnesium: 98.91mg (24.73%), Vitamin B5: 2.34mg (23.37%), Copper: 0.34mg (17.02%), Calcium: 161.5mg (16.15%), Iron: 2.38mg (13.2%), Vitamin B1: 0.17mg (11.15%), Vitamin K: 11.16µg (10.63%), Folate: 37.78µg (9.44%), Vitamin A: 271.95IU (5.44%), Vitamin E: 0.67mg (4.47%), Fiber: 0.81g (3.25%), Vitamin C: 1.98mg (2.4%), Vitamin D: 0.24µg (1.63%)