



Maple Glazed Turkey Roast



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 0.5 teaspoon thyme leaves dried crushed
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground paprika
- ☐ 1 teaspoon liquid smoke flavoring
- ☐ 0.5 cup maple syrup pure as needed
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon pepper

- ☐ 3 pound turkey breast roast boneless thawed
- ☐ 0.5 teaspoon salt

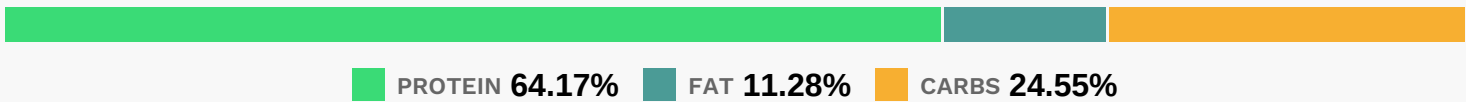
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Remove the plastic netting and wrap from the turkey roast, if any, but leave on string netting. (
- ☐ Remove and discard gravy packet, if any). Rinse the turkey, and pat dry with paper towels.
- ☐ Mix together the maple syrup, smoke flavoring, paprika, salt, pepper, garlic powder, onion powder, thyme, and cayenne pepper in a bowl, stirring to combine well.
- ☐ Brush the syrup mixture all over the turkey roast.
- ☐ Place the roast, skin side up, on a baking rack set in a roasting pan. Roast in the preheated oven, basting occasionally, until the roast is golden brown and a meat thermometer inserted into the center of the roast reads 170 degrees F (75 degrees C). Roasting time is about 1 1/2 hours. Wrap the roast in foil, and let stand 10 minutes before removing the string netting for slicing.

Nutrition Facts



Properties

Glycemic Index:20.08, Glycemic Load:6.64, Inflammation Score:-5, Nutrition Score:22.953478330827%

Nutrients (% of daily need)

Calories: 304.55kcal (15.23%), Fat: 3.83g (5.89%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 18.5g (6.73%), Sugar: 16.25g (18.05%), Cholesterol: 122.47mg (40.82%), Sodium: 665.84mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.98g (97.97%), Vitamin B3: 22.57mg (112.86%), Vitamin B6: 1.77mg (88.57%), Selenium: 51.6µg (73.72%), Phosphorus: 538.34mg (53.83%), Vitamin B2: 0.68mg (39.71%), Manganese: 0.67mg (33.58%), Vitamin B12: 1.43µg (23.81%), Zinc: 3.17mg (21.15%), Potassium: 624.71mg (17.85%), Vitamin B5: 1.77mg (17.71%), Magnesium: 63.81mg (15.95%), Iron: 1.47mg (8.15%), Calcium: 65.06mg (6.51%), Vitamin B1: 0.1mg (6.41%), Copper: 0.13mg (6.29%), Vitamin A: 220.55IU (4.41%), Folate: 16.54µg (4.13%), Vitamin K: 1.99µg (1.9%), Vitamin E: 0.25mg (1.65%), Vitamin D: 0.23µg (1.51%)