



# 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 ground pepper to taste
- 0.5 teaspoon thyme dried crushed
- 0.5 teaspoon garlic powder
- 1 teaspoon paprika
- 0.5 cup maple syrup pure as needed
- 0.5 teaspoon onion powder
- 0.5 teaspoon pepper
- 3 pound turkey breast 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.  
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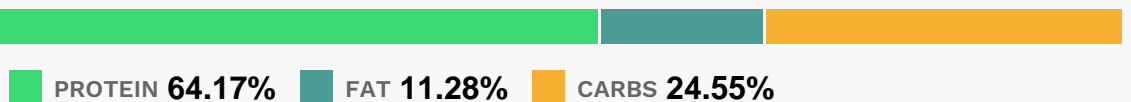
Remove and discard gravy packet, if any). Rinse the turkey, and pat dry with paper towels.

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: 663.99mg (28.87%), Alcohol: 0g (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%)