



Maple-Plum Glazed Turkey Breast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 teaspoon mustard dry
- ☐ 2 cups plum jam red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup maple syrup
- ☐ 8 sage sprigs fresh
- ☐ 0.5 teaspoon salt

- ☐ 5 pound turkey breast bone-in

Equipment

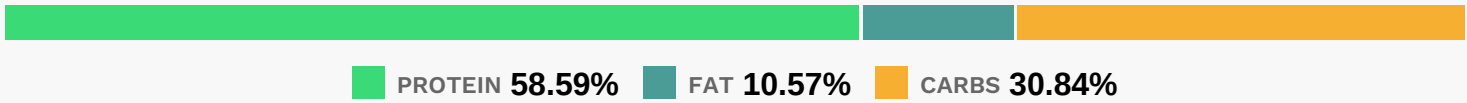
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Bring first 6 ingredients to a boil in a large saucepan over medium-high heat; reduce heat to medium-low, and cook, stirring often, 25 minutes or until thickened and bubbly.
- ☐ Remove from heat, and cool completely. Reserve 1 1/2 cups sauce; cover and chill. Set aside remaining sauce for basting.
- ☐ Loosen skin from turkey without totally detaching skin; sprinkle salt evenly under skin, and carefully arrange 4 sage sprigs on each side of breast. Replace skin, and place turkey in a lightly greased 11- x 7-inch baking dish.
- ☐ Spread 3/4 cup maple-plum sauce evenly over turkey; cover loosely with aluminum foil.
- ☐ Bake at 325 for 1 hour; uncover and bake 1 more hour or until a meat thermometer registers 170, basting with remaining 3/4 cup maple-plum sauce every 15 minutes.
- ☐ Remove turkey from baking dish; cool. Wrap in plastic wrap and then aluminum foil, and chill 8 hours.
- ☐ Serve turkey at room temperature. Cook reserved 1 1/2 cups maple-plum sauce until thoroughly heated; serve with turkey.
- ☐ Maple-Plum Glazed Turkey Tenderloins: Substitute 2 (16-ounce) packages turkey tenderloins for breast.
- ☐ Place tenderloins on a rack in a broiler pan coated with cooking spray; sprinkle evenly with salt, omitting sage. Baste with 3/4 cup maple-plum sauce.

Bake at 425 for 25 to 30 minutes or until done, basting often with remaining 3/4 cup maple-plum sauce.

Nutrition Facts



Properties

Glycemic Index:11.52, Glycemic Load:9.22, Inflammation Score:-4, Nutrition Score:24.159130547358%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 334.44kcal (16.72%), Fat: 3.94g (6.06%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 25.32g (9.21%), Sugar: 22.82g (25.35%), Cholesterol: 122.47mg (40.82%), Sodium: 586.76mg (25.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.31%), Vitamin B3: 22.69mg (113.43%), Vitamin B6: 1.77mg (88.52%), Selenium: 51.91µg (74.16%), Phosphorus: 542.98mg (54.3%), Vitamin B2: 0.75mg (43.99%), Manganese: 0.8mg (39.86%), Vitamin B12: 1.43µg (23.81%), Zinc: 3.23mg (21.5%), Potassium: 683.16mg (19.52%), Vitamin B5: 1.81mg (18.1%), Magnesium: 67.14mg (16.78%), Copper: 0.24mg (11.9%), Iron: 1.36mg (7.55%), Vitamin B1: 0.11mg (7.21%), Calcium: 71.05mg (7.1%), Vitamin C: 5.08mg (6.16%), Folate: 18.53µg (4.63%), Vitamin A: 159.75IU (3.2%), Fiber: 0.56g (2.25%), Vitamin K: 2.12µg (2.02%), Vitamin E: 0.24mg (1.59%), Vitamin D: 0.23µg (1.51%)