



Mesquite-Smoked Turkey Breast



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



12 servings mesquite chips



0.3 cup mexican seasoning blend



6 pound turkey breast

Equipment



frying pan



paper towels



grill



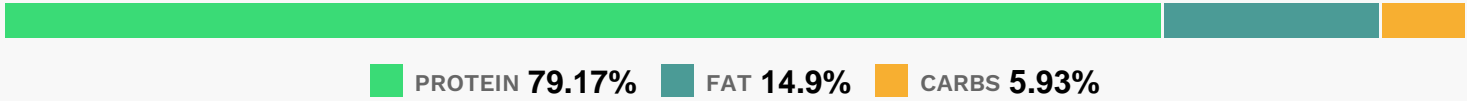
kitchen thermometer

☐ aluminum foil

Directions

- ☐ Soak mesquite chips in water at least 30 minutes; drain.
- ☐ Rinse turkey breast thoroughly under cold water, and pat dry with paper towels. Rub Mexican Seasoning Blend inside and outside turkey breast.
- ☐ Preheat gas grill to medium-hot (350 to 40
- ☐ using both burners. After preheating, turn left burner off.
- ☐ Place mesquite chips in a disposable aluminum foil pan or an aluminum foil packet poked with holes on grill over right burner. Coat grill rack with cooking spray; place on grill over medium-hot coals.
- ☐ Insert meat thermometer into thickest part of turkey, making sure it does not touch bone.
- ☐ Place turkey on rack over left burner. Cook, covered, 3 hours or until meat thermometer registers 17
- ☐ Let stand 20 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:23.800435053913%

Nutrients (% of daily need)

Calories: 244.73kcal (12.24%), Fat: 4.13g (6.35%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.31g (0.35%), Cholesterol: 122.47mg (40.82%), Sodium: 473.33mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.32g (98.65%), Vitamin B3: 22.76mg (113.79%), Vitamin B6: 1.81mg (90.55%), Selenium: 51.71µg (73.87%), Phosphorus: 543.3mg (54.33%), Vitamin K: 30.64µg (29.18%), Vitamin B12: 1.43µg (23.81%), Vitamin B2: 0.36mg (20.89%), Zinc: 3.08mg (20.56%), Vitamin B5: 1.81mg (18.08%), Potassium: 615.25mg (17.58%), Magnesium: 70.19mg (17.55%), Iron: 3.05mg (16.95%), Manganese: 0.26mg (13.2%), Calcium: 110.56mg (11.06%), Fiber: 2.14g (8.56%), Copper: 0.15mg (7.47%), Folate: 27.78µg (6.94%), Vitamin E: 1.04mg (6.91%), Vitamin B1: 0.08mg (5.62%), Vitamin A: 129.2IU (2.58%), Vitamin D: 0.23µg (1.51%)