



Molasses-Coffee Glazed Turkey Breast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



343 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce apricot preserves
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup blackstrap molasses
- ☐ 1 teaspoon salt
- ☐ 0.8 cup strong coffee decoction brewed
- ☐ 5 pound turkey breast bone-in with skin
- ☐ 1 teaspoon vanilla extract

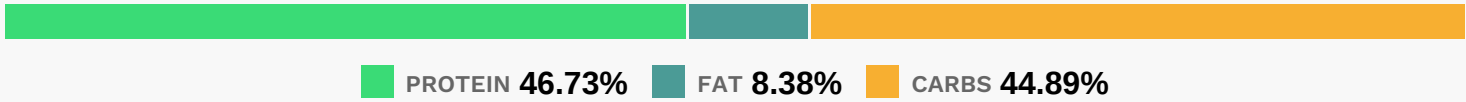
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Stir together the first 7 ingredients until blended. Reserve 1 cup molasses–coffee sauce in a small bowl; set the reserved sauce aside.
- ☐ Place turkey in a lightly greased 11- x 7-inch pan.
- ☐ Pour remaining molasses–coffee sauce evenly over turkey. Cover loosely with aluminum foil before baking.
- ☐ Bake at 350 for 1 hour; uncover and bake 1 to 1 1/2 more hours or until meat thermometer inserted into the thickest portion registers 170, basting with molasses–coffee sauce every 15 minutes.
- ☐ Serve with warm reserved molasses–coffee sauce.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:9.24, Inflammation Score:-5, Nutrition Score:21.609565178904%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 343.33kcal (17.17%), Fat: 3.27g (5.03%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 39.23g (14.26%), Sugar: 33.45g (37.16%), Cholesterol: 102.06mg (34.02%), Sodium: 619.06mg (26.92%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 5.93mg (1.98%), Protein: 40.98g (81.96%), Vitamin B3: 19.06mg (95.32%), Vitamin B6: 1.66mg (82.98%), Selenium: 48.9µg (69.85%), Phosphorus: 457.6mg (45.76%), Magnesium: 117.56mg (29.39%), Potassium: 900.71mg (25.73%), Manganese: 0.47mg (23.52%), Vitamin B12: 1.19µg (19.84%), Vitamin B5: 1.74mg (17.38%), Vitamin B2: 0.29mg (17.25%), Zinc: 2.57mg (17.12%), Iron: 2.51mg (13.96%), Copper: 0.27mg (13.26%), Calcium: 91.12mg (9.11%), Vitamin B1: 0.08mg (5.22%), Folate: 13.9µg (3.47%), Vitamin C: 2.5mg (3.03%), Vitamin A: 96.8IU (1.94%), Vitamin D: 0.19µg (1.26%), Vitamin E: 0.16mg (1.04%)