



Molasses-Coffee Turkey Breast



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



267 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 10 ounce apricot spreadable fruit
- ☐ 0.8 cup blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup strong-brewed coffee
- ☐ 5 pound turkey breast bone-in

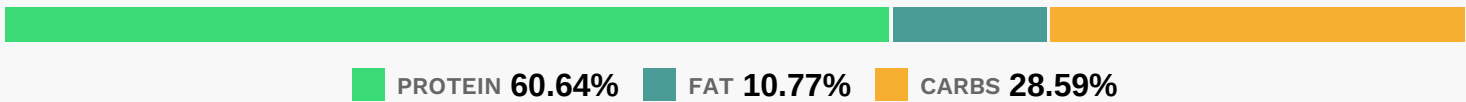
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Stir together apricot spreadable fruit and next 5 ingredients until blended. Reserve 1 cup molasses–coffee sauce in a microwave–safe small bowl, and set aside.
- ☐ Place turkey in an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Pour remaining molasses–coffee sauce evenly over turkey. Cover loosely with aluminum foil.
- ☐ Bake turkey at 350 for 1 hour; remove aluminum foil, and bake 1 to 1 1/2 more hours or until a meat thermometer inserted into the thickest portion registers 170, basting with molasses–coffee sauce every 15 minutes.
- ☐ Remove turkey from oven, and let stand 15 minutes.
- ☐ Remove and discard skin.
- ☐ Serve turkey with 1 cup reserved molasses–coffee sauce heated in the microwave at HIGH 30 seconds or until warm.
- ☐ Note: For testing purposes only, we used Polaner All Fruit
- ☐ Spreadable Fruit.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:6.94, Inflammation Score:-5, Nutrition Score:20.520869807057%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 266.87kcal (13.34%), Fat: 3.23g (4.96%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 18.85g (6.86%), Sugar: 18.51g (20.57%), Cholesterol: 102.06mg (34.02%), Sodium: 509.37mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.93mg (1.98%), Protein: 40.89g (81.78%), Vitamin B3: 19.08mg (95.4%), Vitamin B6: 1.61mg (80.53%), Selenium: 47.08µg (67.26%), Phosphorus: 457.39mg (45.74%), Magnesium: 100.57mg (25.14%), Potassium: 796.89mg (22.77%), Vitamin B12: 1.19µg (19.84%), Manganese: 0.36mg (17.85%), Vitamin B2: 0.29mg (17.19%), Zinc: 2.55mg (17.01%), Vitamin B5: 1.69mg (16.85%), Iron: 2.12mg (11.75%), Copper: 0.22mg (11%), Calcium: 72.14mg (7.21%), Vitamin B1: 0.08mg (5.22%), Folate: 14.09µg (3.52%), Vitamin A: 110.03IU (2.2%), Fiber: 0.43g (1.73%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.12µg (1.07%)