



Moroccan Turkey with Cranberry Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 cups couscous uncooked
- 2 teaspoons curry powder
- 1 cup cranberries dried
- 14.5 ounce less-sodium chicken broth fat-free canned
- 0.5 cup basil fresh chopped
- 0.5 cup cilantro leaves fresh chopped
- 8 garlic cloves sliced

- 0.5 teaspoon garlic powder
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground coriander seeds
- 2 teaspoons ground cumin
- 0.5 teaspoon ground ginger
- 0.3 cup lemon sections peeled chopped
- 4 teaspoons lemon rind grated
- 1 tablespoon olive oil
- 0.7 cup onion finely chopped
- 1 cup orange juice fresh
- 0.5 teaspoon oregano dried
- 0.7 cup bell pepper red finely chopped
- 0.8 teaspoon salt
- 1 teaspoon salt
- 2.5 pound turkey breast halves boneless skinless
- 1 cup water

Equipment

- bowl
- sauce pan
- oven
- kitchen thermometer
- colander
- broiler pan

Directions

- Preheat oven to 40
- To prepare turkey, combine first 8 ingredients; rub over turkey.

- Place turkey on a broiler pan coated with cooking spray; insert a meat thermometer into thickest portion of a breast.
- Bake at 400 for 55 minutes or until thermometer registers 18
- Let stand 10 minutes before slicing.
- To prepare couscous, bring orange juice to a boil in a small saucepan while turkey bakes. Stir in cranberries.
- Remove from heat; let stand 30 minutes.
- Drain cranberries in a colander over a bowl, reserving juice.
- Heat oil in a large saucepan over medium-high heat.
- Add sliced garlic; saute 1 minute.
- Add onion and bell pepper; saut 2 minutes. Stir in reserved juice, water, curry, 1 teaspoon salt, and broth; bring to a boil. Gradually stir in couscous; remove from heat. Cover and let stand 5 minutes.
- Fluff couscous with a fork.
- Add cranberries, basil, cilantro, rind, and lemon sections, tossing gently to combine.
- Cut each turkey breast into 1/2-inch-thick slices.
- Serve turkey with couscous.

Nutrition Facts

PROTEIN 43.33% **FAT 8.71%** **CARBS 47.96%**

Properties

Glycemic Index:39.05, Glycemic Load:18.33, Inflammation Score:-6, Nutrition Score:8.8278260593829%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 359.21kcal (17.96%), Fat: 3.51g (5.41%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 43.54g (14.51%), Net Carbohydrates: 39.99g (14.54%), Sugar: 12.09g (13.43%), Cholesterol: 94.46mg (31.49%), Sodium: 644.34mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.67%), Vitamin C: 32.01mg (38.8%), Manganese: 0.48mg (24.23%), Iron: 3.16mg (17.58%), Fiber: 3.55g (14.22%), Vitamin K: 10.96µg (10.44%), Vitamin A: 491.46IU (9.83%), Vitamin B3: 1.81mg (9.06%), Phosphorus: 85.42mg (8.54%), Vitamin B6: 0.15mg (7.53%), Copper: 0.15mg (7.51%), Vitamin B1: 0.11mg (7.16%), Magnesium: 27.47mg (6.87%), Calcium: 64.4mg (6.44%), Vitamin B5: 0.64mg (6.38%), Folate: 24.62µg (6.16%), Potassium: 211.41mg (6.04%), Vitamin E: 0.79mg (5.28%), Vitamin B2: 0.07mg (4.04%), Zinc: 0.47mg (3.14%), Selenium: 1.69µg (2.42%), Vitamin B12: 0.08µg (1.37%)