



Oven-roasted Turkey Breast with Leeks and Cornbread Stuffing

READY IN



80 min.

SERVINGS



12

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 turkey breasts boneless
- 1 cup chicken stock see
- 4 cups cornbread store-bought crumbled
- 12 servings kosher salt and pepper black freshly ground
- 4 leeks whole white trimmed cut into rings
- 2 tablespoons olive oil extra-virgin
- 1 Leaves from 2 thyme sprigs fresh
- 2 tablespoons butter unsalted

Equipment

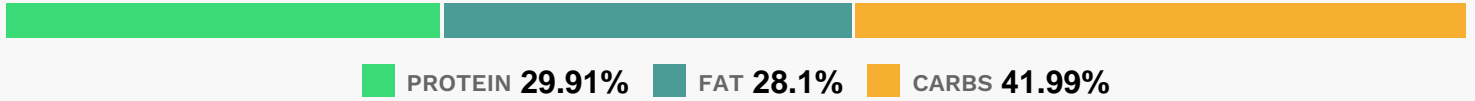
- bowl
- frying pan
- oven
- knife
- baking pan
- roasting pan
- kitchen thermometer
- kitchen twine

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F
- Fill a large bowl with water and add the leeks, swish around with your hands to get the sand out from in between the layers. In a large saute pan over medium heat, add 1 tablespoon each of butter and olive oil.
- Add the leeks, sprinkle with the thyme, salt and pepper and cook for about 10 minutes, turning every now and then, until the leeks are softened but not colored.
- Remove the leeks from heat to cool.
- In a large bowl combine the leeks, cornbread, and chicken stock and season with salt and pepper.
- Use a sharp, thin knife to cut down the length of the turkey cutting the breast parallel to the board, almost in half just stopping short of the outside edge. Open out the 2 halves as if you were opening a book. Now you've got a large piece of meat that will cook evenly and is thin enough to roll.
- Place 2 cups of the stuffing inside each of the breasts and then fold the turkey back over.
- Place the remaining stuffing in a small baking dish and cook alongside the turkey.
- Tie in 4 places with kitchen twine and season with salt and pepper.
- Heat the remaining tablespoon of butter and olive oil in a roasting pan over medium-high heat.

- Put the turkey in the roasting pan and sear all over.
- Transfer the pan to the oven and roast for about 25 minutes (internal temperature should reach 160 degrees F on an instant-read thermometer). Take the turkey out of the oven and let it rest for 5 to 10 minutes, then cut crosswise into slices.

Nutrition Facts



Properties

Glycemic Index:9.08, Glycemic Load:1.19, Inflammation Score:-7, Nutrition Score:21.229565190232%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 454.54kcal (22.73%), Fat: 14.27g (21.96%), Saturated Fat: 4.92g (30.72%), Carbohydrates: 47.98g (15.99%), Net Carbohydrates: 45.6g (16.58%), Sugar: 14.16g (15.73%), Cholesterol: 120.77mg (40.26%), Sodium: 775.05mg (33.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.37%), Vitamin B3: 14.92mg (74.58%), Phosphorus: 631.74mg (63.17%), Vitamin B6: 1.16mg (57.83%), Selenium: 37.14µg (53.05%), Vitamin B2: 0.35mg (20.81%), Folate: 72.59µg (18.15%), Vitamin K: 18.63µg (17.75%), Manganese: 0.34mg (17.06%), Vitamin B12: 1µg (16.74%), Iron: 2.86mg (15.91%), Zinc: 2.29mg (15.25%), Vitamin B5: 1.51mg (15.11%), Vitamin B1: 0.22mg (14.52%), Calcium: 144.13mg (14.41%), Vitamin A: 714.87IU (14.3%), Potassium: 496.31mg (14.18%), Magnesium: 55.36mg (13.84%), Fiber: 2.38g (9.54%), Copper: 0.17mg (8.69%), Vitamin E: 1.15mg (7.67%), Vitamin C: 3.81mg (4.62%), Vitamin D: 0.17µg (1.1%)