



Oven-Roasted Turkey Roulade

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs made from bread fresh french crustless
- ☐ 0.3 cup celery finely chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 10 garlic cloves peeled
- ☐ 1 teaspoon lemon zest grated
- ☐ 2.5 cups low-salt chicken broth canned ()
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup pimiento–stuffed olives green spanish finely chopped
- ☐ 2.5 pound turkey breast half (skin, bones and fillet removed)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ meat tenderizer
- ☐ cheesecloth

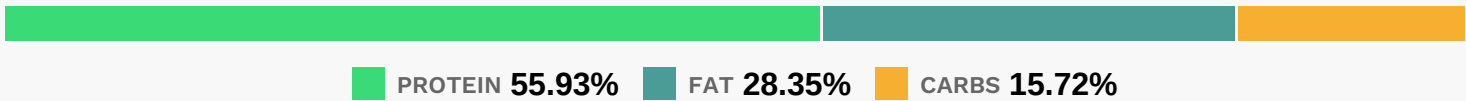
Directions

- ☐ Preheat oven to 350°F.
- ☐ Combine garlic and oil in custard cup. Cover with foil; bake garlic until very tender, about 25 minutes.
- ☐ Pour oil into small bowl; reserve. Mash garlic; set aside. Increase oven temperature to 400°F.
- ☐ Mix breadcrumbs, celery, olives, parsley, lemon peel and rosemary in small bowl. Season with salt and pepper.
- ☐ Place turkey breast on work surface. Using meat mallet, pound turkey to about *-inch thickness.
- ☐ Spread mashed garlic over turkey, then sprinkle with salt and pepper.
- ☐ Spread breadcrumb mixture over turkey, leaving 1/2–inch border on all sides and pressing to adhere. Starting at 1 long side, roll up tightly, jelly–roll style. Tie roulade in 5 places with string to secure.
- ☐ Place doubled 15–inch square of cheesecloth in 13x9x2–inch pan.
- ☐ Pour 1/2 cup broth over cloth.
- ☐ Place roulade on cloth.
- ☐ Drizzle reserved garlic oil over roulade. Wrap tightly with cheesecloth. Roast until cooked through and juices run clear when roulade is pierced in center, basting with 2/3 cup broth

every 30 minutes, about 1 hour 15 minutes total.

- ☐ Let roulade cool 15 minutes.
- ☐ Remove cheesecloth and string.
- ☐ Cut roulade into 1/2-inch slices; arrange on 6 plates.
- ☐ Add 1 cup broth to baking pan. Bring to simmer, scraping up browned bits.
- ☐ Pour broth over roulade.
- ☐ Per serving: calories, 187; total fat, 7 g; saturated fat, 1 g; cholesterol, 71 mg .
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:23.359999791436%

Flavonoids

Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 318.98kcal (15.95%), Fat: 10.2g (15.69%), Saturated Fat: 1.63g (10.17%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.47g (4.17%), Sugar: 1.52g (1.69%), Cholesterol: 102.06mg (34.02%), Sodium: 605.29mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.26g (90.51%), Vitamin B3: 21.29mg (106.47%), Vitamin B6: 1.57mg (78.29%), Selenium: 49.36µg (70.52%), Phosphorus: 511.06mg (51.11%), Vitamin K: 37.97µg (36.16%), Vitamin B12: 1.29µg (21.48%), Vitamin B2: 0.36mg (21.4%), Zinc: 2.85mg (18.99%), Potassium: 614.81mg (17.57%), Manganese: 0.34mg (16.97%), Vitamin B5: 1.68mg (16.77%), Magnesium: 59.71mg (14.93%), Iron: 2.21mg (12.28%), Vitamin B1: 0.16mg (10.49%), Copper: 0.2mg (10.2%), Folate: 34.91µg (8.73%), Calcium: 71.98mg (7.2%), Vitamin E: 1.07mg (7.12%), Vitamin C: 4.82mg (5.84%), Fiber: 1.25g (5%), Vitamin A: 248.54IU (4.97%), Vitamin D: 0.19µg (1.26%)