

food
network

Pete's

READY IN



13 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 tablespoons pepper black freshly ground
- ☐ 1 square focaccia bread
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 8 ounces mozzarella cheese fresh sliced
- ☐ 0.3 cup rosemary leaves fresh roughly chopped
- ☐ 3 tablespoons sage fresh roughly chopped

- ☐ 0.3 cup garlic roughly chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 juice of lime
- ☐ 0.3 cup kosher salt
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 lemon zest finely grated
- ☐ 2 cups baby greens mixed
- ☐ 4 servings oil for frying
- ☐ 3 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 3 tablespoons roasted pepper red thinly sliced
- ☐ 3 pounds turkey breast boneless skinless
- ☐ 2 cups vegetable oil

Equipment

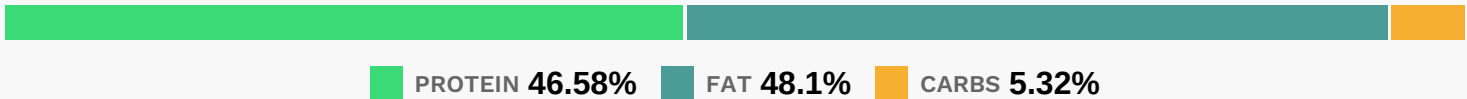
- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ panini press

Directions

- ☐ Whisk the vinegar and olive oil together in a small bowl and season with salt and pepper.
- ☐ Slice the focaccia into 4 equal pieces; then slice each piece horizontally for sandwiches.
- ☐ Spread some of the Dijon mustard on the cut side of the bottom half of each focaccia. Top bread evenly with turkey, peppers, and season with salt and pepper.

- ☐ Add mozzarella and baby greens, and drizzle the balsamic dressing on top. Smear the top half of each focaccia with Key Lime Garlic Mayonnaise, and place on top of greens to finish sandwich.
- ☐ Brush the tops and bottoms of each sandwich with olive oil.
- ☐ Heat a sandwich press, or use cast iron pans and aluminum foil covered bricks to press sandwiches. Cook the sandwiches, in batches if needed, until the cheese melts and the bread is toasted.
- ☐ Serve.
- ☐ This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.
- ☐ Special Equipment: deep heavy-bottomed pot for frying turkey
- ☐ Process the garlic, herbs, lemon zest, salt and pepper in a food processor fitted with the metal blade until coarsely ground. Rub mixture generously over turkey breast.
- ☐ Roll the turkey breast into a compact shape by turning the smaller end of the breast under. Wrap tightly in 3 layers of heavy-duty aluminum foil.
- ☐ Fill a deep heavy-bottomed pot 2/3's full with oil.
- ☐ Heat over medium-high until a deep-fry thermometer reads 350 degrees F. Fry the turkey breast, wrapped in the foil, for 35 minutes or 12 minutes per pound. Carefully remove turkey from oil and set aside, wrapped in the foil, to cool to room temperature. Refrigerate turkey until firm enough to thinly slice, at least 2 hours or overnight.
- ☐ Pulse the egg, mustard, garlic and lime juice in a food processor fitted with a metal blade. Season with salt and pepper, to taste. With the machine running, add the oil in a steady stream until the mixture is pale in color and thick.
- ☐ Transfer mayonnaise to a bowl, stir in zest, cover and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:80.92, Glycemic Load:2.53, Inflammation Score:-7, Nutrition Score:25.107391564742%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 1006.96kcal (50.35%), Fat: 54.29g (83.52%), Saturated Fat: 13.14g (82.1%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 10.22g (3.72%), Sugar: 1.92g (2.13%), Cholesterol: 374.67mg (124.89%), Sodium: 8192.34mg (356.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 118.3g (236.6%), Copper: 13.81mg (690.49%), Manganese: 1.43mg (71.69%), Vitamin K: 57.83µg (55.08%), Calcium: 482.18mg (48.22%), Iron: 8.23mg (45.74%), Selenium: 22.08µg (31.55%), Phosphorus: 287.4mg (28.74%), Vitamin E: 4.17mg (27.81%), Vitamin C: 20.26mg (24.56%), Vitamin B12: 1.4µg (23.4%), Vitamin A: 829.85IU (16.6%), Vitamin B2: 0.28mg (16.33%), Zinc: 2.34mg (15.58%), Vitamin B6: 0.27mg (13.66%), Fiber: 3.28g (13.14%), Magnesium: 47.26mg (11.81%), Potassium: 300.79mg (8.59%), Vitamin B1: 0.11mg (7.65%), Folate: 24.68µg (6.17%), Vitamin B5: 0.53mg (5.29%), Vitamin D: 0.48µg (3.18%), Vitamin B3: 0.54mg (2.68%)