



Pomegranate-and-Balsamic-Glazed Turkey

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



20

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup balsamic vinegar
- 2 tablespoons dijon mustard
- 2 tablespoons olive oil
- 0.8 cup pomegranate juice
- 20 servings salt and pepper
- 0.5 cup sugar
- 2 turkey breast boneless
- 2 turkey legs bone-in

- 2 turkey thighs bone-in

Equipment

- baking sheet
- sauce pan
- oven
- whisk
- kitchen thermometer
- aluminum foil

Directions

- Combine juice, vinegar and sugar in a small saucepan. Bring to a boil over medium-high heat, stirring to dissolve sugar. Lower heat and simmer until mixture has reduced to 1/2 cup, about 25 minutes.
- Remove from heat and whisk in mustard. (Can be made up to 3 days in advance. Cover and chill. Rewarm before continuing.)
- Make turkey: Preheat oven to 425F; oil a large, rimmed baking sheet.
- Place breast halves, legs and thighs skin side up on sheet.
- Drizzle with olive oil and season well with salt and pepper. Roast until lightly browned, about 30 minutes.
- Brush with glaze; turn several times to coat. Roast, basting often, until a meat thermometer reads 160F (in thickest part of breast), 30 to 40 minutes longer.
- Remove from oven and baste with juices on baking sheet. Tent with foil.
- Let stand for 10 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:4.04, Inflammation Score:-2, Nutrition Score:12.683912975147%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 219.66kcal (10.98%), Fat: 7.35g (11.31%), Saturated Fat: 1.83g (11.42%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 7.29g (2.65%), Sugar: 7.18g (7.98%), Cholesterol: 90.27mg (30.09%), Sodium: 423.91mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.16g (60.33%), Selenium: 36.19µg (51.71%), Vitamin B3: 9.77mg (48.85%), Vitamin B6: 0.84mg (41.99%), Phosphorus: 307.99mg (30.8%), Zinc: 3.13mg (20.9%), Vitamin B2: 0.26mg (15.27%), Vitamin B5: 1.37mg (13.75%), Vitamin B12: 0.76µg (12.66%), Potassium: 403.42mg (11.53%), Iron: 1.68mg (9.33%), Magnesium: 35.88mg (8.97%), Copper: 0.14mg (7.1%), Vitamin B1: 0.08mg (5.48%), Folate: 14.58µg (3.64%), Calcium: 26.32mg (2.63%), Manganese: 0.04mg (2.23%), Vitamin E: 0.29mg (1.93%), Vitamin K: 1.84µg (1.75%)