

food
network



HEALTH SCORE

57%

Pomegranate Glazed Turkey with Wild Rice and Chestnut Stuffing



Gluten Free

READY IN



145 min.

SERVINGS



4

CALORIES



1362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup honey toasted roughly chopped
- ☐ 4 cups rice wild cooked
- ☐ 1 teaspoon savory leaves fresh finely chopped
- ☐ 2 tablespoons parsley leaves fresh roughly chopped
- ☐ 2 teaspoons thyme leaves fresh finely chopped
- ☐ 0.5 cup goat cheese crumbled
- ☐ 4 servings olive oil

- ☐ 1 cup pomegranate juice
- ☐ 4 servings salt and pepper black
- ☐ 1 small turkey fresh cut into pieces
- ☐ 0.5 cup onion yellow finely chopped

Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the grill to high heat.
- ☐ Season the turkey with olive oil, salt, and pepper.
- ☐ Let stand at room temperature for 20 minutes.
- ☐ Mix the rice, chestnuts, onion, and herbs together in a baking dish. Top with crumbled goat cheese. Cover with foil and set aside. Preheat the oven to 350 degrees F.
- ☐ Place the turkey on the grill and grill each side over high heat until nicely browned, about 4 to 5 minutes on each side. Turn the heat down to low and move the turkey pieces to a higher rack in the grill. Close the lid of the grill and let cook slowly, turning occasionally, for 30 to 40 minutes. Then begin brushing the pomegranate juice on the turkey and continue until the turkey is cooked through; an instant-read thermometer inserted into the thickest part of the thigh, away from the bone should register 175 degrees F.
- ☐ Remove the turkey from the grill, transfer to a cutting board, and let it stand, loosely covered with foil, for 15 minutes before carving.
- ☐ Place the stuffing in the oven and let warm for 10 minutes.
- ☐ Serve stuffing with turkey. Bring any remaining pomegranate juice to a simmer and drizzle over the turkey.

Nutrition Facts

 **PROTEIN 45.09%**  **FAT 38.31%**  **CARBS 16.6%**

Properties

Glycemic Index:39.5, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:52.017391204834%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 1362.43kcal (68.12%), Fat: 57.39g (88.29%), Saturated Fat: 15.68g (97.98%), Carbohydrates: 55.94g (18.65%), Net Carbohydrates: 52.36g (19.04%), Sugar: 10.54g (11.72%), Cholesterol: 476.71mg (158.9%), Sodium: 1032.75mg (44.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 151.97g (303.94%), Vitamin B3: 51.85mg (259.25%), Vitamin B6: 4.29mg (214.41%), Selenium: 139.56µg (199.38%), Phosphorus: 1409.54mg (140.95%), Vitamin B12: 7.91µg (131.84%), Zinc: 14.17mg (94.46%), Vitamin B2: 1.47mg (86.3%), Vitamin B5: 6mg (59.96%), Magnesium: 234.22mg (58.55%), Potassium: 1910.89mg (54.6%), Copper: 1.03mg (51.57%), Vitamin K: 49.11µg (46.77%), Iron: 7.78mg (43.21%), Manganese: 0.76mg (37.78%), Folate: 127.18µg (31.79%), Vitamin B1: 0.47mg (31.29%), Vitamin E: 3.3mg (21.97%), Vitamin C: 15.4mg (18.66%), Vitamin A: 882.53IU (17.65%), Fiber: 3.57g (14.29%), Calcium: 139.06mg (13.91%), Vitamin D: 2.05µg (13.64%)