



 **100%**
HEALTH SCORE

Pressed Herbs and Spices Turkey Breast, Pumpkin-Zucchini Muffin Stuffin' with Chipotle Gravy

 Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



953 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 to 3 mcintosh apples seeded chopped
- 2 turkey breasts boneless halved
- 1 stick butter divided
- 6 ribs celery from the heart with greens
- 6 cups chicken stock see divided
- 2 chipotles in adobo finely chopped

- 1 leaves cilantro leaves
- 1 tablespoon coriander
- 1 cup flat-leaf parsley loosely packed
- 2 slightly rounded tablespoons flour all-purpose
- 1 bay leaf fresh
- 4 tablespoons thyme leaves fresh
- 3 tablespoons grill seasoning 3 palm fulls (recommended: Montreal Seasoning by McCormick)
- 1 tablespoon ground cumin
- 8 servings olive oil generous extra-virgin for drizzling
- 2 medium onions divided chopped
- 1 cup natural pistachios shelled
- 2 tablespoons poultry seasoning
- 6 pumpkin muffins crumbled
- 8 servings salt and pepper
- 0.5 cup sunflower seeds
- 1 tablespoon paprika smoked sweet
- 1 medium zucchini chopped

Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- whisk
- pot
- roasting pan
- grill
- kitchen thermometer

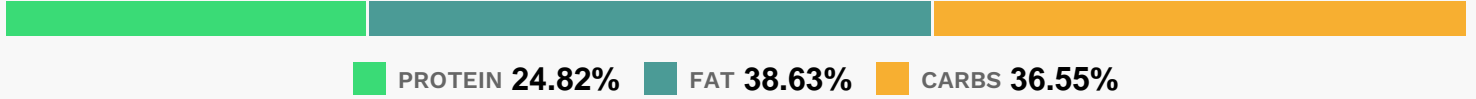
- aluminum foil
- broiler
- spatula

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Preheat a 14-inch skillet or medium roasting pan over medium heat on your largest burner.
- Mix grill seasoning, cumin, paprika and coriander together.
- Place the thyme, cilantro or basil, parsley and pistachios in the food processor and process into a paste.
- Remove bowl from processor and remove blade from bowl. Have a rubber spatula on hand.
- Drizzle extra-virgin olive oil generously over the breasts to coat the skin. Loosen skin of the breasts with a small sharp knife. Divide the herb and nut paste between the flesh and skin on each breast. Use your hands to move the paste around under the skin to evenly distribute the mixture. Coat the extra-virgin olive oil coated skin with the spice mixture. Set the coated breasts into the large skillet or roasting pan. Wash hands. Set a second slightly smaller skillet or pan on top of the breasts and weight down with a couple of bricks covered in foil. Crisp the skin 8 to 10 minutes then transfer meat to oven and roast 35 to 40 minutes, until an instant-read meat thermometer registers 165 to 170 degrees F.
- While turkey roasts, heat a second large, deep skillet over medium to medium-high heat with 5 tablespoons butter, cut into pieces. To melted butter, add bay, celery, apple, 1/2 of the onion and zucchini. Season the vegetables liberally with salt and pepper. Cook 10 minutes or until softened.
- Add crumbled muffins and sunflower seeds to the pan and combine with the vegetables. Season the stuffing with poultry seasoning then adjust salt and pepper. Dampen the stuffing with 1 1/2 to 2 cups of stock. Pile the stuffing into a serving dish.
- Place in oven to just crisp up the top along with turkey or, if the pan does not fit, when the turkey comes out, switch on the broiler and crisp the top of stuffing - it should only take a couple of minutes, tops.
- In a sauce pot, melt remaining 3 tablespoons butter over medium heat and add the finely chopped remaining 1/2 of the onion. Sweat the onion out 5 to 6 minutes to make it nice and sweet.

- Add the flour to the skillet and whisk 1 minute.
- Add in the chipotles and their sauce then whisk in 4 to 4 1/2 cups chicken stock. Thicken the gravy 2 to 3 minutes then season with salt, to taste.
- Let turkey rest to distribute juices then thinly slice and serve with mounds of stuffing and gravy.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:47.59, Inflammation Score:-10, Nutrition Score:71.751303911209%

Flavonoids

Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg, Cyanidin: 1.84mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 17.12mg, Apigenin: 17.12mg, Apigenin: 17.12mg, Apigenin: 17.12mg Luteolin: 18.68mg, Luteolin: 18.68mg, Luteolin: 18.68mg, Luteolin: 18.68mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 952.99kcal (47.65%), Fat: 43.99g (67.67%), Saturated Fat: 12.29g (76.8%), Carbohydrates: 93.67g (31.22%), Net Carbohydrates: 82.19g (29.89%), Sugar: 39.91g (44.35%), Cholesterol: 141.07mg (47.02%), Sodium: 989.73mg (43.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.58g (127.17%), Vitamin A: 88818.81IU (1776.38%), Vitamin K: 176.24µg (167.85%), Vitamin B3: 29.87mg (149.37%), Vitamin C: 118.56mg (143.7%), Vitamin B6: 2.81mg (140.3%), Potassium: 4688.97mg (133.97%), Vitamin E: 17.19mg (114.63%), Phosphorus: 1140.26mg (114.03%), Manganese: 2.05mg (102.44%), Vitamin B2: 1.72mg (101.15%), Copper: 1.96mg (97.82%), Selenium: 57.62µg (82.31%), Iron: 13.73mg (76.28%), Magnesium: 256.57mg (64.14%), Vitamin B1: 0.96mg (63.85%), Folate: 253.88µg (63.47%), Vitamin B5: 4.99mg (49.94%), Zinc: 7.3mg (48.68%), Fiber: 11.48g (45.92%), Calcium: 356.9mg (35.69%), Vitamin B12: 1.25µg (20.88%), Vitamin D: 0.19µg (1.3%)