



HEALTH SCORE

55%

Roast Turkey Breast with Potatoes, Green Beans, and Mustard Pan Sauce



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baby potatoes halved
- ☐ 2.3 pound turkey breast boneless
- ☐ 5 tablespoons tarragon fresh divided chopped
- ☐ 16 ounce green beans french trimmed (haricots verts)
- ☐ 4 tablespoons dijon honey mustard divided
- ☐ 2 cups leeks white green thinly sliced (and pale parts only; 2 large)
- ☐ 1 cup low-salt chicken broth

☐ 2.5 tablespoons olive oil divided

Equipment

☐ bowl

☐ baking sheet

☐ oven

☐ whisk

☐ kitchen thermometer

Directions

☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 425°F. Coat 2 heavy large rimmed baking sheets with nonstick spray.

☐ Whisk 2 tablespoons mustard, 2 tablespoons tarragon, and 1 tablespoon oil in small bowl.

☐ Place turkey breast, skin side up, on 1 prepared baking sheet; sprinkle all over with salt and pepper.

☐ Spread mustard mixture over skin. Roast turkey in bottom third of oven 45 minutes.

☐ While turkey roasts, toss potatoes, sliced leeks, 1 tablespoon tarragon, and 1 tablespoon oil in large bowl.

☐ Sprinkle with salt and pepper; spread out on second baking sheet.

☐ After turkey has roasted 45 minutes, place potatoes in top third of oven. Roast along with turkey until potatoes are tender, stirring potatoes occasionally, about 45 minutes.

☐ Remove potatoes from oven.

☐ Toss beans with 1 tablespoon tarragon and 1/2 tablespoon oil in large bowl; sprinkle with salt and pepper.

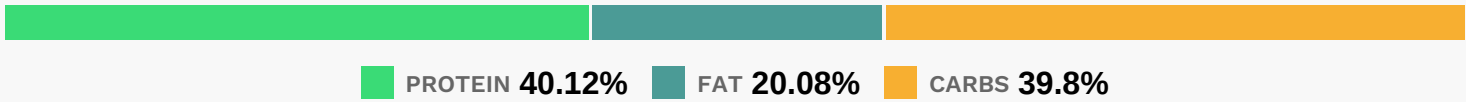
☐ Spread beans around turkey; pour broth over beans. Continue roasting until thermometer inserted into thickest part of turkey registers 165°F and beans are crisp-tender, 10 to 15 minutes. Rewarm potatoes in oven 5 minutes.

☐ Place potatoes and beans on platter. Slice turkey; place on same platter.

☐ Whisk 2 tablespoons mustard into turkey juices on sheet; season with salt and pepper. Spoon some juices over turkey; sprinkle with 1 tablespoon tarragon. Pass remaining juices.

☐ Per serving: 450 calories, 16 g fat, 6 g fiber

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:23.75, Inflammation Score:-9, Nutrition Score:34.791739251303%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg, Kaempferol: 2.34mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 424.82kcal (21.24%), Fat: 9.71g (14.93%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 36.96g (13.44%), Sugar: 6.94g (7.71%), Cholesterol: 91.85mg (30.62%), Sodium: 435.47mg (18.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.64g (87.27%), Vitamin B6: 2.08mg (104.23%), Vitamin B3: 20.21mg (101.04%), Selenium: 40.07µg (57.25%), Phosphorus: 556.78mg (55.68%), Vitamin C: 45.49mg (55.13%), Manganese: 1.01mg (50.7%), Vitamin K: 52.84µg (50.32%), Potassium: 1471.14mg (42.03%), Magnesium: 125.14mg (31.29%), Iron: 5.5mg (30.55%), Vitamin B2: 0.47mg (27.79%), Vitamin A: 1298.22IU (25.96%), Fiber: 6.33g (25.33%), Folate: 96.02µg (24%), Zinc: 3.13mg (20.89%), Copper: 0.4mg (19.95%), Vitamin B5: 1.98mg (19.77%), Vitamin B12: 1.11µg (18.52%), Vitamin B1: 0.27mg (18.1%), Calcium: 155.51mg (15.55%), Vitamin E: 1.54mg (10.27%), Vitamin D: 0.17µg (1.13%)