



 **59%**  
HEALTH SCORE

# Roasted, Brined Turkey Breast with Maple-Worcestershire Gravy and Fruit and Nut Rice Pilaf

 Very Healthy

READY IN



1540 min.

SERVINGS



6

CALORIES



1172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 palmful allspice berries
- 3 tablespoons butter
- 4 tablespoons butter
- 1 small carrots finely chopped
- 2 ribs celery finely chopped
- 2 cups chicken stock-in-a-box

- 3 cups chicken stock-in-a-box
- 6 servings palmful coriander seeds
- 3 tablespoons flour all-purpose
- 6 bay leaves fresh
- 2 sprigs thyme leaves fresh finely chopped
- 6 cloves garlic sliced coarsely chopped
- 6 servings lots of coarsely ground pepper black
- 1 cup kosher salt
- 0.3 cup amber maple syrup dark
- 1 teaspoon orange zest
- 6 servings palmful paprika
- 0.5 cup parsley leaves chopped
- 6 servings palmful peppercorns black
- 6 servings palmful poultry seasoning
- 1 cup grapes red seedless halved
- 1.5 cups rice
- 6 servings salt and pepper black freshly ground
- 4 scallions chopped
- 1 shallots finely chopped
- 2 large shallots quartered
- 0.5 cup broken spaghetti thin (1-inch pieces)
- 1 gallon spring water
- 0.5 cup caster sugar
- 6 pound full turkey breast
- 0.5 cup walnuts toasted chopped
- 0.3 cup worcestershire sauce
- 1 small sectioned chopped

## Equipment

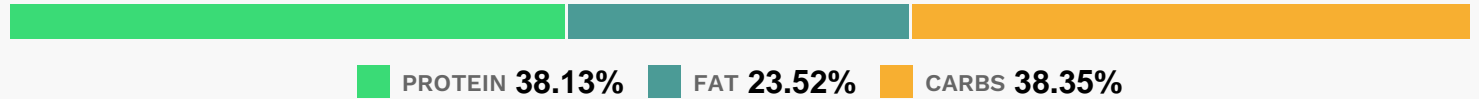
- bowl
- frying pan
- oven
- whisk
- pot
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Special equipment: Jumbo size plastic food bag, (recommended: Hefty brand 3 to 5 gallons)
- Open a jumbo plastic food storage bag in the sink and add the water, salt, sugar, bay leaves, shallots, seasonings and garlic and swish around to combine.
- Add the turkey breast and seal the bag. Put it into the refrigerator and let it brine for 24 hours in advance of your cooking day.
- Preheat the oven to 400 degrees F.
- Pat the turkey breast dry, season with salt and pepper and put it in a roasting pan. Roast in the oven at 400 degrees F for 30 minutes. Baste, reduce the temperature to 325 degrees F and roast until an instant-read thermometer registers 170 degrees F, about 40 minutes.
- Remove the turkey breast from the oven to a cutting board. Cover with foil and let rest for 15 minutes. Carve the breast and arrange it on a serving platter.
- Serve with pan juices.
- Reserve 1 pound of meat for another menu. Cool, wrap and refrigerate the reserved meat.
- Add the butter to a medium sauce pot and melt it over medium to medium-high heat.
- Add the shallots and thyme and saute for 2 minutes, then add the flour and stir 1 minute.
- Whisk in the stock, Worcestershire and maple syrup. Season with black pepper, to taste, and reduce the mixture until thick enough to coat the back of a spoon, about 10 to 12 minutes.
- Melt the butter in a medium pot over medium heat.
- Add the spaghetti and toast until deeply golden in color.

- Add rice, carrot, celery, scallions and orange zest, then stir in the stock and bring to a boil. Cover the pot, reduce the heat to a simmer, and cook until the rice is tender, about 16 to 18 minutes.
- Fluff the rice with fork and add the oranges, grapes, nuts, parsley, and salt and pepper, to taste.
- Transfer the rice to a serving bowl.

## Nutrition Facts



### Properties

Glycemic Index:145.27, Glycemic Load:50.8, Inflammation Score:-10, Nutrition Score:58.861739220827%

### Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg, Apigenin: 11.16mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

### Nutrients (% of daily need)

Calories: 1172.31kcal (58.62%), Fat: 31.03g (47.74%), Saturated Fat: 11.27g (70.44%), Carbohydrates: 113.86g (37.95%), Net Carbohydrates: 107.23g (38.99%), Sugar: 43.64g (48.49%), Cholesterol: 286.06mg (95.35%), Sodium: 20401.12mg (887.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 113.19g (226.38%), Vitamin B3: 50.94mg (254.71%), Vitamin B6: 4.2mg (209.85%), Selenium: 130.19µg (185.98%), Vitamin C: 124.45mg (150.85%), Phosphorus: 1327.3mg (132.73%), Vitamin K: 131.11µg (124.87%), Manganese: 2.1mg (104.97%), Vitamin A: 4959.16IU (99.18%), Vitamin B2: 1.28mg (75.28%), Potassium: 2046.46mg (58.47%), Zinc: 8.13mg (54.17%), Magnesium: 205.79mg (51.45%), Vitamin B12: 2.89µg (48.09%), Copper: 0.94mg (47.2%), Vitamin B5: 4.62mg (46.24%), Iron: 6.97mg (38.69%), Folate: 136.37µg (34.09%), Vitamin B1: 0.47mg (31.11%), Fiber: 6.63g (26.53%), Calcium: 246.83mg (24.68%), Vitamin E: 2.34mg (15.62%), Vitamin D: 0.45µg (3.02%)