



Roasted Turkey Breast with Creamy Gravy and Cranberry Pomegranate Sauce

READY IN



60 min.

SERVINGS



4

CALORIES



844 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stick butter softened
- 1.5 cups chicken stock see
- 1 cinnamon sticks
- 12 ounce cranberries fresh
- 2 tablespoons flour all-purpose
- 0.3 cup herbs fresh such as parsley, chives, thyme and rosemary minced
- 1 full split boneless
- 2 cloves garlic grated

- 4 servings greens steamed for serving
- 0.3 cup heavy cream
- 1 tablespoon juice of lemon
- 1 strip orange rind
- 0.3 cup parmigiano-reggiano freshly grated
- 1 pomegranate
- 1 pinch salt
- 4 servings salt and pepper black
- 1 cup sugar
- 1 tablespoon worcestershire sauce

Equipment

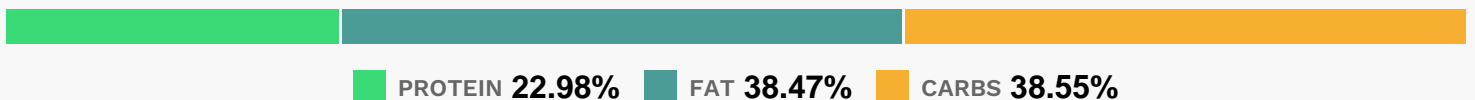
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- pot
- baking pan
- aluminum foil
- broiler

Directions

- For the roasted turkey breast: Preheat the oven to 350 degrees F.
- Place the turkey on a baking rack over a baking sheet.
- Combine the garlic and softened butter with the herbs and lemon juice. Slather about 5 tablespoons of the garlic-herb butter over the turkey breast and sprinkle liberally with salt and pepper, reserving the remaining garlic-herb butter for the gravy. Roast the turkey 45 minutes.

- For the cranberry pomegranate sauce: Meanwhile, place the cranberries in a medium saucepot with the sugar, salt, cinnamon stick, orange rind and 1 cup water. Bring to boil and cook until all the berries pop and the sauce thickens, about 15 minutes. Cool and remove the rind and cinnamon stick. Peel the pomegranate in a bowl of water, separating the seeds, and drain.
- Add the pomegranate seeds into the sauce.
- For the creamy gravy: Right before serving the turkey, melt the remaining garlic-herb butter over medium heat in a saucepan.
- Whisk in the flour, followed by the stock, to thicken.
- Whisk in the Worcestershire and season with salt and pepper. Stir in the cream and cheese, and keep warm until ready to serve.
- Slice the roasted turkey breast and serve with the room temperature sauce and warm gravy, with steamed greens on the side.
- Cook's Note: If the turkey is a make-ahead meal, you will need an extra 1 cup stock for reheating.
- Place the turkey in a low baking dish with the extra 1 cup stock and loosely cover with foil. Reheat at 350 degrees F 20 to 25 minutes, then crisp up the skin under the broiler.
- This recipe will result in leftovers for sandwiches.

Nutrition Facts



Properties

Glycemic Index:100.27, Glycemic Load:47.38, Inflammation Score:-9, Nutrition Score:34.490434688071%

Flavonoids

Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg, Cyanidin: 39.49mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin:

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Nutrients (% of daily need)

Calories: 844.35kcal (42.22%), Fat: 37.22g (57.26%), Saturated Fat: 21.07g (131.7%), Carbohydrates: 83.94g (27.98%), Net Carbohydrates: 77.27g (28.1%), Sugar: 65.95g (73.28%), Cholesterol: 195.4mg (65.13%), Sodium: 1093.54mg (47.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.03g (100.05%), Vitamin B3: 21.66mg (108.29%), Vitamin B6: 1.74mg (87.03%), Vitamin K: 80.57µg (76.73%), Selenium: 50.97µg (72.82%), Phosphorus: 608.53mg (60.85%), Vitamin C: 36.85mg (44.67%), Vitamin A: 1917.76IU (38.36%), Manganese: 0.68mg (33.82%), Vitamin B2: 0.54mg (31.85%), Potassium: 975.53mg (27.87%), Fiber: 6.67g (26.67%), Vitamin B12: 1.38µg (23.05%), Zinc: 3.43mg (22.86%), Vitamin B5: 2.24mg (22.37%), Magnesium: 79.51mg (19.88%), Folate: 76.57µg (19.14%), Copper: 0.36mg (18.24%), Vitamin E: 2.6mg (17.36%), Calcium: 166.35mg (16.63%), Iron: 2.74mg (15.23%), Vitamin B1: 0.21mg (14.23%), Vitamin D: 0.54µg (3.62%)