



Roasted Turkey Breast with Pan-fried Polenta and Hollandaise Sauce



Gluten Free



Dairy Free

READY IN



285 min.

SERVINGS



10

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 3 garlic cloves minced
- ☐ 10 servings knorr hollandaise sauce
- ☐ 10 servings pan-fried polenta
- ☐ 0.5 teaspoon salt
- ☐ 5 lb skinned and boned turkey breast

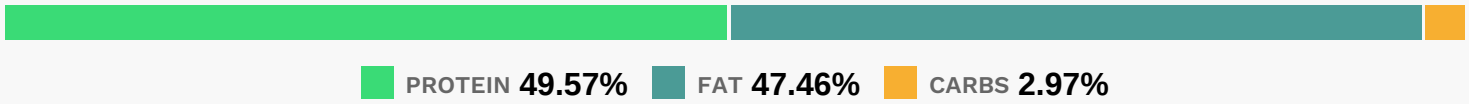
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ Place turkey between 2 sheets of heavy-duty plastic wrap, and flatten to 3/4-inch thickness, using a rolling pin or flat side of a meat mallet. Rub with garlic and salt; place on a rack in a broiler pan, and top with bacon slices.
- ☐ Bake at 425 for 25 to 30 minutes or until done.
- ☐ Let stand 10 minutes before slicing.
- ☐ Serve turkey with Pan-fried Polenta and Hollandaise Sauce.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:21.423912833323%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 432.61kcal (21.63%), Fat: 22.91g (35.24%), Saturated Fat: 5.89g (36.82%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.12g (0.14%), Cholesterol: 142.51mg (47.5%), Sodium: 1017.41mg (44.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.83g (107.66%), Vitamin B3: 23.78mg (118.9%), Vitamin B6: 1.84mg (92.07%), Selenium: 57.81µg (82.59%), Phosphorus: 582.78mg (58.28%), Vitamin B12: 1.57µg (26.19%), Zinc: 3.33mg (22.19%), Vitamin B2: 0.36mg (20.99%), Vitamin B5: 1.91mg (19.14%), Potassium: 613.55mg (17.53%), Magnesium: 60.68mg (15.17%), Vitamin B1: 0.15mg (10.15%), Iron: 1.36mg (7.56%), Copper: 0.13mg (6.68%), Folate: 15.9µg (3.98%), Calcium: 34.88mg (3.49%), Vitamin D: 0.31µg (2.05%), Manganese: 0.03mg (1.71%), Vitamin E:

0.22mg (1.49%), Vitamin A: 52.91IU (1.06%)