



Roasted Turkey Breast with Spiced Cranberry Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pound turkey breast on the bone with wings
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cinnamon
- ☐ 12 ounces cranberries
- ☐ 6 garlic cloves thinly sliced
- ☐ 0.5 cup maple syrup pure
- ☐ 0.5 cup orange juice fresh

- ☐ 1 medium onion red sliced
- ☐ 10 servings salt and pepper freshly ground
- ☐ 6 cups turkey stock
- ☐ 10 servings vegetable oil

Equipment

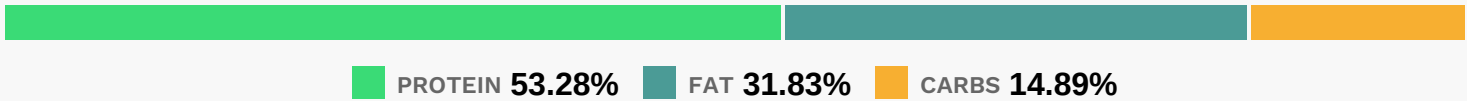
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ gravy boat

Directions

- ☐ In a medium saucepan, heat the maple syrup.
- ☐ Add the garlic and cook over moderate heat for 3 minutes.
- ☐ Add the cinnamon and cayenne and cook for 1 minute.
- ☐ Add the cranberries and simmer for 5 minutes, then add the orange juice and simmer for 5 minutes longer.
- ☐ Transfer the hot mixture to a blender and puree. Pass the puree through a coarse strainer into a bowl and season with salt and pepper.
- ☐ Let the puree cool completely.
- ☐ Loosen the turkey breast skin. Fold the wing tips under the breast to stabilize it. Put half of the spiced cranberry puree in a large resealable plastic bag and close.

- ☐ Cut off a corner of the bag and pipe the cranberry puree under the turkey breast skin; press the skin all over to evenly distribute the puree.
- ☐ Put the turkey breast on a plate, cover with plastic wrap and refrigerate overnight. Bring to room temperature before roasting.
- ☐ Preheat the oven to 40
- ☐ Rub vegetable oil over the breast and season with salt and pepper. Stand the breast in a large roasting pan. Scatter the onion slices in the pan, pour in 2 cups of the turkey stock and roast for 30 minutes. Turn the oven down to 325 and add the remaining 4 cups of stock to the pan. Cover the breast with foil and roast for 1 1/2 hours longer.
- ☐ Remove the turkey from the oven and discard the foil. Increase the oven temperature to 35
- ☐ Brush the breast with 1/4 cup of the remaining cranberry puree and roast for 20 minutes, or until glazed.
- ☐ Brush another 1/4 cup of the cranberry puree over the breast and roast for 15 minutes longer, or until the turkey is a deeply glazed crimson-brown and an instant-read thermometer inserted in the thickest part of the meat registers 14
- ☐ Transfer the turkey breast to a carving board and let rest for at least 15 minutes.
- ☐ Strain the juices from the roasting pan through a coarse strainer set over a bowl; press on the onion to extract as much liquid as possible. Set a fine strainer over a medium saucepan and pour in the panjuices. Skim off the fat. Boil the juices until reduced to 3 1/2 cups, about 15 minutes. Stir in the remaining 1/2 cup of cranberry puree and season with salt and pepper.
- ☐ Pour this cranberry jus into a warmed gravy boat.
- ☐ Cut down on either side of the breast bone and remove each turkey breast half in 1 piece. Thickly slice the breast halves crosswise and arrange on a platter. Pass the cranberry jus at the table.
- ☐ Make Ahead: The cranberry puree can be refrigerated for up to 3 days.
- ☐ Notes: One Serving With Skin: Calories 510 kcal, Total Fat 1 gm, Saturated Fat 2 gm

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:6.31, Inflammation Score:-6, Nutrition Score:32.977826180665%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 613.71kcal (30.69%), Fat: 21.83g (33.59%), Saturated Fat: 3.65g (22.84%), Carbohydrates: 22.99g (7.66%), Net Carbohydrates: 21.44g (7.8%), Sugar: 15.06g (16.74%), Cholesterol: 200.21mg (66.74%), Sodium: 1147.34mg (49.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 82.24g (164.47%), Vitamin B3: 38.39mg (191.93%), Vitamin B6: 2.96mg (148.07%), Selenium: 85.86µg (122.66%), Phosphorus: 906.86mg (90.69%), Vitamin B2: 0.87mg (51.04%), Vitamin B12: 2.29µg (38.1%), Zinc: 5.11mg (34.07%), Potassium: 1141.21mg (32.61%), Vitamin B5: 2.96mg (29.61%), Manganese: 0.58mg (29.21%), Vitamin K: 27.93µg (26.6%), Magnesium: 104.95mg (26.24%), Vitamin C: 12.7mg (15.4%), Copper: 0.3mg (15.02%), Iron: 2.45mg (13.63%), Vitamin B1: 0.2mg (13.62%), Vitamin E: 1.9mg (12.64%), Folate: 38.81µg (9.7%), Calcium: 83.75mg (8.38%), Fiber: 1.55g (6.22%), Vitamin A: 164.33IU (3.29%), Vitamin D: 0.36µg (2.42%)