



Roasted Turkey Roulade

READY IN



195 min.

SERVINGS



7

CALORIES



814 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup calvados
- ☐ 1 cup celery 3 stalks
- ☐ 1.5 cups chicken stock see homemade
- ☐ 0.8 cup cranberries dried
- ☐ 1 extra large eggs beaten
- ☐ 0.8 cup large-diced figs dried
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 7 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups onions diced 2 onions

- ☐ 3 tablespoons pinenuts toasted
- ☐ 0.8 pound pork sausage mixed sweet hot and
- ☐ 3 cups herb-seasoned stuffing mix recommended: Pepperidge Farm
- ☐ 2 halves turkey breast whole 5 pounds
- ☐ 3 tablespoons butter unsalted melted
- ☐ 4 tablespoons butter unsalted

Equipment

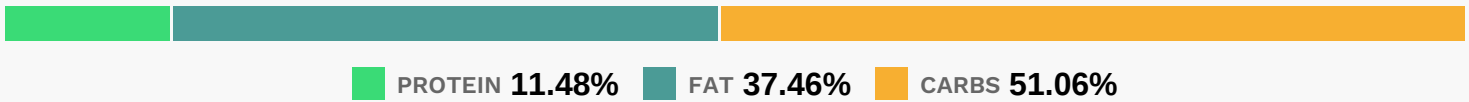
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the dried figs and cranberries in a small saucepan and pour in the Calvados and 1/2 cup water. Bring the mixture to a boil over medium heat, then lower the heat and simmer for 2 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Meanwhile, melt the butter in a large (12-inch) skillet over medium heat.
- ☐ Add the onions and celery and saute until softened, about 5 minutes.
- ☐ Add the sausage, crumbling it into small bits with a fork, and saute, stirring frequently, for 10 minutes, until cooked and browned.
- ☐ Add the figs and cranberries with the liquid, the chopped rosemary, and pine nuts, and cook for 2 more minutes. Scrape up the brown bits with a wooden spoon.

- ☐ Place the stuffing mix in a large bowl.
- ☐ Add the sausage mixture, chicken stock, egg, 1 teaspoon salt, and 1/2 teaspoon pepper and stir well. (The stuffing may be prepared ahead and stored in the refrigerator overnight.)
- ☐ Preheat the oven to 325 degrees F.
- ☐ Place a baking rack on a sheet pan.
- ☐ Lay the butterflied turkey breast skin side down on a cutting board.
- ☐ Sprinkle the meat with 2 teaspoons salt and 1 teaspoon pepper.
- ☐ Spread the stuffing in a 1/2-inch-thick layer over the meat, leaving a half-inch border on all sides. Don't mound the stuffing or the turkey will be difficult to roll. (
- ☐ Place the leftover stuffing in a buttered gratin dish and bake for the last 45 minutes of roasting alongside the turkey.) Starting at 1 end, roll the turkey like a jelly roll and tuck in any stuffing that tries to escape on the sides. Tie the roast firmly with kitchen twine every 2 inches to make a compact cylinder.
- ☐ Place the stuffed turkey breast seam side down on the rack on the sheet pan.
- ☐ Brush with the melted butter, sprinkle generously with salt and pepper, and roast for 1 3/4 to 2 hours, until an instant-read thermometer registers 150 degrees F in the center. (I test in a few places.) Cover the turkey with aluminum foil and allow it to rest at room temperature for 15 minutes. Carve 1/2-inch-thick slices and serve warm with the extra stuffing.

Nutrition Facts



Properties

Glycemic Index:27.86, Glycemic Load:3.3, Inflammation Score:-8, Nutrition Score:24.82826069127%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin:

8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 813.5kcal (40.67%), Fat: 32.32g (49.72%), Saturated Fat: 13.01g (81.31%), Carbohydrates: 99.11g (33.04%), Net Carbohydrates: 93.38g (33.96%), Sugar: 24.6g (27.33%), Cholesterol: 97.56mg (32.52%), Sodium: 1834.93mg (79.78%), Alcohol: 5.73g (100%), Alcohol %: 2.18% (100%), Protein: 22.27g (44.54%), Selenium: 52.85µg (75.51%), Manganese: 1.13mg (56.53%), Vitamin B1: 0.81mg (54.17%), Folate: 192.77µg (48.19%), Vitamin B3: 9.44mg (47.19%), Vitamin B2: 0.6mg (35.26%), Iron: 5.18mg (28.79%), Phosphorus: 286.1mg (28.61%), Fiber: 5.73g (22.9%), Vitamin B6: 0.44mg (22.09%), Copper: 0.42mg (20.82%), Magnesium: 71.89mg (17.97%), Potassium: 621.91mg (17.77%), Zinc: 2.61mg (17.37%), Calcium: 138.34mg (13.83%), Vitamin E: 1.65mg (11%), Vitamin A: 548.92IU (10.98%), Vitamin K: 11.43µg (10.89%), Vitamin B5: 1.07mg (10.7%), Vitamin B12: 0.53µg (8.84%), Vitamin D: 1µg (6.68%), Vitamin C: 4.09mg (4.96%)