

Rolled Turkey Roast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

Ingredients

- 2 bay leaves dried
- 2 tablespoons olive oil extra virgin
- 1 tablespoon thyme sprigs fresh
- 3 pasilla peppers italian trimmed cut in 1/2-inch lengths
- 2 onion red cut in eighths
- 6 servings pepper black freshly ground
- 7 shallots peeled halved
- 2.5 pound turkey with barding fat (1k 250g)

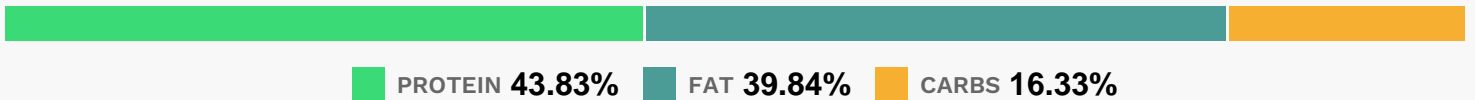
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 400°F.
- Heat the olive oil in an flame-proof baking dish, and when it is hot but not smoking, brown the turkey roast on all sides, which will take about 8 minutes.
- Remove the pan from the heat.
- Add the shallots and the onions to the dish, and season the roast and the vegetables to your liking with salt and pepper. Crush the bay leaf and sprinkle it over the turkey roast, along with the fresh thyme leaves.
- Cover and place on the center rack in the oven. Cook until the roast is firm to the touch and cooked through, about one hour, checking it occasionally to be sure the onions or shallots aren't sticking to the bottom of the pan. If they are, simply add a tablespoon or two of water and continue cooking.
- Remove from the oven, remove the cover and let sit for at least 10 minutes, to allow the juices to retreat back into the meat. Slice, and serve, with the shallots and onions alongside.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:19.06173926851%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 3.34mg, Luteolin: 3.34mg, Luteolin: 3.34mg, Luteolin: 3.34mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 279.56kcal (13.98%), Fat: 12.43g (19.12%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.36g (5.95%), Cholesterol: 96.62mg (32.21%), Sodium: 157.27mg (6.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Vitamin C: 54.77mg (66.39%), Vitamin B6: 1.09mg (54.33%), Vitamin B3: 10.65mg (53.25%), Selenium: 29.12µg (41.6%), Phosphorus: 287.03mg (28.7%), Vitamin B12: 1.64µg (27.28%), Zinc: 2.67mg (17.79%), Vitamin B2: 0.29mg (16.85%), Potassium: 564.31mg (16.12%), Magnesium: 51.37mg (12.84%), Vitamin B5: 1.28mg (12.83%), Manganese: 0.26mg (12.83%), Iron: 2.04mg (11.32%), Fiber: 2.77g (11.06%), Copper: 0.19mg (9.53%), Vitamin B1: 0.13mg (8.89%), Folate: 32.83µg (8.21%), Vitamin K: 7.76µg (7.39%), Vitamin A: 355.23IU (7.1%), Vitamin E: 1.03mg (6.89%), Calcium: 45.43mg (4.54%), Vitamin D: 0.4µg (2.68%)