



Seared Turkey Breast with Roasted Root Vegetables and Chardonnay Gravy

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bay leaves
- ☐ 0.5 teaspoon pepper black
- ☐ 4 carrots
- ☐ 1 cup chardonnay
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon flour
- ☐ 8 sprigs thyme leaves fresh

- ☐ 2 tablespoons thyme leaves fresh
- ☐ 1 garlic bulb
- ☐ 8 servings olive oil
- ☐ 2 onions halved
- ☐ 0.5 cup orange blossom honey
- ☐ 2 parsnips halved
- ☐ 2 sprigs rosemary
- ☐ 2 rutabaga halved
- ☐ 1 teaspoon salt
- ☐ 8 servings salt and pepper
- ☐ 4 pound turkey breast whole bone-in
- ☐ 2 turnips halved

Equipment

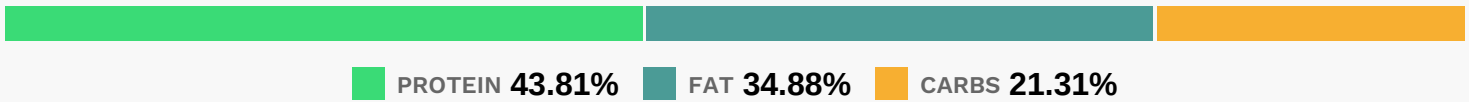
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Cut the turkey breast in half and remove the breastplate from the meat.
- ☐ Place the bone in a large roasting pan, drizzle with olive oil and season with salt and pepper. The breastbone will act as a natural roasting rack. Surround it with the vegetables and herbs.
- ☐ Drizzle with oil and season again.

- ☐ Bake in the oven for 15 minutes while preparing the turkey breast.
- ☐ Coat a large skillet with oil. Over medium heat, sear the turkey breast skin side down until crispy. In a small bowl, combine honey, thyme leaves, salt, and pepper.
- ☐ Remove the turkey from the skillet and brush with the honey paste.
- ☐ Remove the roasting pan from the oven, then lay the turkey breast on top of the roasted bone.
- ☐ Pour in the wine and chicken broth. Cover with aluminum foil and return to the oven for 30 to 40 minutes. Baste periodically.
- ☐ Arrange the turkey breast and root vegetables on a serving platter.
- ☐ Heat the pan juices on the stovetop over medium flame. Scrape the roasting pan with a wooden spoon to loosen particles from bottom and sides.
- ☐ Mix the flour with 3 tablespoons water to create a slurry and whisk into the pan sauce. Reduce heat and simmer until thickened to sauce consistency, about 8 minutes. Season with salt and pepper.
- ☐ Serve gravy alongside the turkey platter.

Nutrition Facts



Properties

Glycemic Index:72.85, Glycemic Load:10.39, Inflammation Score:-10, Nutrition Score:36.459999737532%

Flavonoids

Apigenin: 3.8mg, Apigenin: 3.8mg, Apigenin: 3.8mg, Apigenin: 3.8mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg, Myricetin: 2.08mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 483.48kcal (24.17%), Fat: 18.3g (28.15%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 18.69g (6.8%), Sugar: 10.46g (11.63%), Cholesterol: 123.06mg (41.02%), Sodium: 1120.83mg (48.73%), Alcohol: 3.16g (100%), Alcohol %: 0.74% (100%), Protein: 51.72g (103.44%), Vitamin B3: 24.11mg (120.57%), Vitamin A: 5279IU (105.58%), Vitamin B6: 2.02mg (101.13%), Selenium: 53.77µg (76.81%), Phosphorus: 652.04mg (65.2%), Vitamin C: 45.51mg (55.16%), Potassium: 1232.38mg (35.21%), Manganese: 0.61mg (30.45%), Vitamin B2:

0.46mg (27.14%), Magnesium: 105.29mg (26.32%), Fiber: 6.46g (25.85%), Zinc: 3.73mg (24.89%), Vitamin B12: 1.43µg (23.91%), Vitamin B5: 2.36mg (23.58%), Vitamin E: 3.25mg (21.66%), Vitamin K: 21.82µg (20.78%), Folate: 81.15µg (20.29%), Vitamin B1: 0.26mg (17.26%), Iron: 2.87mg (15.96%), Copper: 0.27mg (13.57%), Calcium: 130.25mg (13.03%), Vitamin D: 0.23µg (1.51%)