



## Spiced Turkey Breast

 Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon allspice
- 1 tablespoon brown sugar
- 3 medium carrots peeled cut into 2-inch pieces
- 2 teaspoons chili powder
- 10 cipollini onions
- 2 tablespoons flour all-purpose
- 2 garlic cloves minced
- 2 teaspoons ground cumin

- 2 cups chicken stock see low-sodium
- 1 teaspoon olive oil extra-virgin
- 1 tablespoon oregano dried
- 6 servings salt and pepper black freshly ground for seasoning
- 4.5 pound turkey breast dry with paper towels rinsed
- 0.3 cup whole-grain mustard (recommended: Maille)

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a small bowl, mix together the mustard, garlic, cumin, oregano, allspice, chili powder, brown sugar and oil.
- Place the turkey breast in a 9 by13-inch roasting pan.
- Spread the mustard mixture over the top and sides of the turkey to form a crust.
- Add the onions, carrots, and chicken stock to the pan. Roast for 45 minutes. Cover the pan loosely with foil and continue to bake for another 45 minutes or until an instant-read thermometer inserted into the thickest part of the breast registers 175 degrees F. Allow the turkey to rest for 20 minutes before serving.
- Remove the vegetables and arrange on a serving platter.

- Remove the turkey and place on a cutting board.
- Pour about 1/2 cup of the pan juices into a small saucepan.
- Whisk in the flour until smooth.
- Whisk in the remaining pan juices. Bring the mixture to a simmer over medium-high heat. Cook, stirring occasionally, for 5 minutes until the mixture thickens. Season the pan juices with salt and pepper and pour into a serving pitcher.
- To serve, slice the turkey into 1/4-inch slices. Arrange the turkey slices on the serving platter with the roasted vegetables and serve with the pan juices.

## Nutrition Facts

**PROTEIN 70.65%**

**FAT 15.74%**

**CARBS 13.61%**

### Properties

Glycemic Index:44.64, Glycemic Load:3.57, Inflammation Score:-10, Nutrition Score:34.848260630732%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

### Nutrients (% of daily need)

Calories: 426.82kcal (21.34%), Fat: 7.6g (11.69%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 11.8g (4.29%), Sugar: 6.04g (6.71%), Cholesterol: 183.7mg (61.23%), Sodium: 874.9mg (38.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 76.76g (153.53%), Vitamin B3: 35.57mg (177.84%), Vitamin B6: 2.79mg (139.72%), Selenium: 82.27µg (117.53%), Vitamin A: 5394.48IU (107.89%), Phosphorus: 874.24mg (87.42%), Vitamin B12: 2.22µg (37.03%), Vitamin B2: 0.58mg (34.21%), Zinc: 4.84mg (32.29%), Potassium: 1126.67mg (32.19%), Vitamin B5: 2.85mg (28.47%), Magnesium: 106.76mg (26.69%), Iron: 3.41mg (18.96%), Manganese: 0.31mg (15.4%), Copper: 0.29mg (14.32%), Vitamin B1: 0.2mg (13.63%), Fiber: 2.99g (11.97%), Folate: 46.83µg (11.71%), Calcium: 107.09mg (10.71%), Vitamin K: 10.89µg (10.37%), Vitamin C: 6.06mg (7.34%), Vitamin E: 0.98mg (6.53%), Vitamin D: 0.34µg (2.27%)