



Spicy Maple Turkey Breast with Quick Pan Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 cups no-salt-added chicken stock (such as Swanson)
- ☐ 1 tablespoon flour
- ☐ 1 teaspoon garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 teaspoons ground cumin

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons maple syrup
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons olive oil
- ☐ 0.7 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika smoked
- ☐ 3 pound turkey breast halves boneless skinless

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

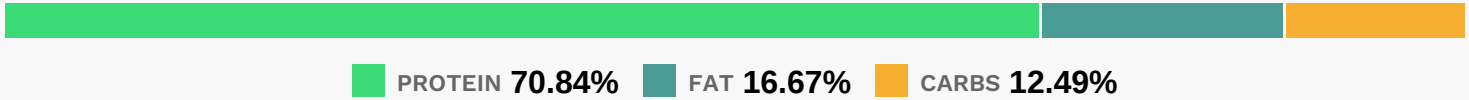
Directions

- ☐ Preheat oven to 45
- ☐ To prepare turkey, combine first 8 ingredients in a large bowl; add turkey, turning to coat. Marinate at room temperature 20 minutes.
- ☐ Remove turkey from marinade; discard marinade.
- ☐ Place a rack inside a roasting pan; coat rack lightly with cooking spray. Arrange turkey breasts on rack.
- ☐ Bake at 450 for 25 minutes or until a thermometer inserted in thickest part registers 15
- ☐ Remove from oven.
- ☐ Let stand 10 minutes; cut turkey diagonally across the grain into 16 slices.
- ☐ To prepare sauce, heat a medium nonstick skillet over medium-high heat.

- ☐
- Add 2 teaspoons oil; swirl to coat.

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Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:2.71, Inflammation Score:-3, Nutrition Score:3.6986957049888%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 294.28kcal (14.71%), Fat: 5.45g (8.38%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.71g (6.34%), Cholesterol: 142.82mg (47.61%), Sodium: 510.65mg (22.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.08g (104.17%), Iron: 3.59mg (19.95%), Manganese: 0.26mg (13.14%), Vitamin B2: 0.14mg (8.38%), Calcium: 64.86mg (6.49%), Vitamin K: 3.88µg (3.7%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.55mg (3.65%), Potassium: 100.19mg (2.86%), Vitamin B6: 0.05mg (2.73%), Vitamin A: 136.19IU (2.72%), Vitamin B1: 0.04mg (2.48%), Fiber: 0.61g (2.42%), Magnesium: 8.4mg (2.1%), Phosphorus: 20.04mg (2%), Copper: 0.04mg (1.98%), Selenium: 1.36µg (1.94%), Folate: 6.93µg (1.73%), Vitamin C: 1.25mg (1.52%), Zinc: 0.19mg (1.26%)