



## Stuffed Turkey Breast

READY IN



175 min.

SERVINGS



6

CALORIES



1109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 2 stalks celery diced
- 1 cup chicken broth
- 0.8 cup cranberries dried
- 1 eggs beaten
- 3 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon sage fresh chopped
- 1 tablespoon thyme leaves fresh chopped

- 3 cloves garlic minced
- 8 ounces sausages sweet italian
- 6 servings kosher salt and pepper freshly ground
- 6 servings olive oil
- 1 large onion diced
- 1 pound rustic loaf dried french store-bought toasted cut into 1-inch cubes, or (or 9 cups )
- 4 pound turkey breast
- 0.5 cup white wine

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- casserole dish
- wooden spoon
- kitchen thermometer
- aluminum foil
- kitchen twine

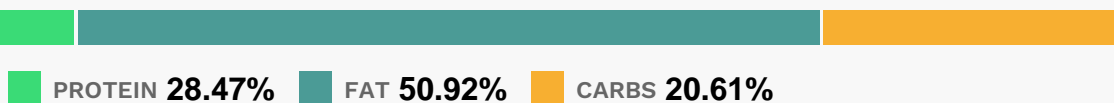
## Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Add the butter to a large skillet over medium-high heat. Once melted and foaming, add the onion, celery, and garlic and saute until tender, about 3 minutes. Season the mixture with salt and pepper.
- Add the sausage to the pan and immediately begin breaking it up with the back of a wooden spoon so it will cook down and crumble. Cook the sausage until it's browned, about 6 minutes, then add the cranberries, sage, rosemary and thyme and cook for 1 to 2 more minutes. Stir in the white wine and use your wooden spoon to scrape up the bottom of the pan for any stuck

bits.

- Let cook for 1 minute.
- Remove from the heat.
- Add the bread cubes to a large bowl and add the chicken broth, beaten egg, sausage mixture, and chopped parsley and stir all together so all the bread is soft and moistened.
- Let cool as you prep the turkey.
- Lay the turkey breast skin-side-down on your work surface and season the meat with salt and pepper.
- Add a layer of the stuffing about 1/2-inch thick across the turkey breast, leaving a 1/2-inch border. The extra stuffing can be placed in an 8-inch-by-8-inch-buttered casserole dish and baked the last 40 minutes of cooking.
- Carefully roll the turkey up into a cylinder. Tie the roll with butcher's twine with about 1-inch between each knot. Trim the strings after tying.
- Place the turkey seam-side-down on a baking sheet covered with foil and fitted with a baking rack.
- Drizzle the turkey with olive oil, rub into the skin, then season well with salt and pepper.
- Place in the oven and roast for 1 hour 15 minutes, or until an instant-read thermometer inserted in the thickest part of the roll reads 155 degrees F.
- Remove the turkey from the oven and let rest, loosely tented with foil for 15 minutes. The turkey will rise in temperature as it rests to 165 degrees F. Snip the butcher's twine and slice the roll into 1-inch thick slices, place on a platter, and garnish with fresh rosemary and sage.

## Nutrition Facts



## Properties

Glycemic Index:43.17, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:38.654348052066%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg,

Hesperetin: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg, Apigenin: 4.74mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

## **Nutrients (% of daily need)**

Calories: 1109.06kcal (55.45%), Fat: 62.44g (96.06%), Saturated Fat: 24.29g (151.82%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 52.41g (19.06%), Sugar: 36.17g (40.19%), Cholesterol: 230.12mg (76.71%), Sodium: 1574.56mg (68.46%), Alcohol: 2.06g (100%), Alcohol %: 0.46% (100%), Protein: 78.54g (157.08%), Vitamin B3: 34.97mg (174.85%), Copper: 3.27mg (163.49%), Vitamin B6: 2.55mg (127.54%), Selenium: 80.98µg (115.68%), Phosphorus: 833.05mg (83.3%), Vitamin K: 46.84µg (44.61%), Vitamin B2: 0.66mg (38.86%), Vitamin B12: 2.33µg (38.83%), Zinc: 5.07mg (33.78%), Potassium: 1133.43mg (32.38%), Vitamin B1: 0.46mg (30.49%), Vitamin B5: 2.79mg (27.87%), Magnesium: 106.93mg (26.73%), Iron: 4.58mg (25.46%), Folate: 89.13µg (22.28%), Vitamin E: 2.77mg (18.49%), Fiber: 4.47g (17.87%), Manganese: 0.32mg (16.21%), Vitamin A: 511.64IU (10.23%), Vitamin C: 8.12mg (9.84%), Calcium: 88.25mg (8.83%), Vitamin D: 0.45µg (2.99%)