



Stuffed Turkey Breast with Bacon, Cranberry, Breadcrumb Stuffing

 Dairy Free  Popular

READY IN



90 min.

SERVINGS



3

CALORIES



746 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 lbs turkey breast boneless
- ☐ 3 servings bacon fat
- ☐ 3 servings salt
- ☐ 0.3 ounce porcini mushrooms dried
- ☐ 1 slice bacon thick
- ☐ 0.3 cup shallots minced
- ☐ 2 Tbsp cranberries dried chopped

- ☐ 1 teaspoon sage minced
- ☐ 0.5 cup breadcrumbs
- ☐ 1 tablespoons parsley chopped
- ☐ 3 Tbsp chicken stock see (can sub water)
- ☐ 1 turkey wing
- ☐ 1 tablespoon flour
- ☐ 1 cup chicken stock see
- ☐ 3 servings salt and pepper
- ☐ 3 servings poultry seasoning

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ stove
- ☐ wax paper
- ☐ kitchen twine

Directions

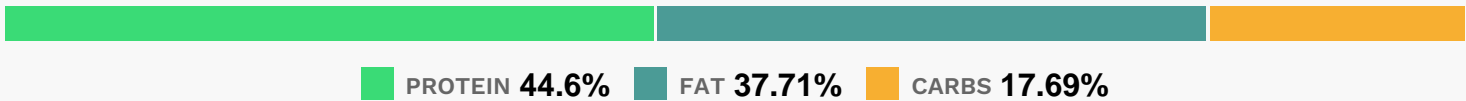
- ☐ Rehydrate and chop the dried porcini mushrooms:
- ☐ Place dried porcini mushrooms in a bowl. Cover with hot water and let sit for 15 minutes or so while the bacon in the next step is cooking. Once rehydrated, then chop.
- ☐ Cook then chop the bacon: Slowly cook the bacon in a medium frying pan on medium heat until crispy.

- ☐ Remove the bacon to a paper-towel lined plate. Once cool enough to touch, chop. You should have at least a tablespoon of fat in the pan. (If not, add butter or olive oil to make up the difference.)
- ☐ Heat the same pan on medium (do not drain the fat rendered out of the bacon), add the minced shallots and cook until the shallots begin to brown.
- ☐ Add the chopped dried cranberries, minced sage and chopped mushrooms. Stir well and cook for 2-3 minutes.
- ☐ Add the breadcrumbs, the parsley, chopped bacon, and the turkey or chicken stock and stir well. You want a rough paste, something that will stick to itself.
- ☐ Remove from the heat and allow the stuffing to cool.
- ☐ Remove the skin, then pound turkey breast to even thickness: To make the stuffed turkey breast, remove the skin from the turkey in one piece and reserve.
- ☐ Put the turkey breast between two pieces of wax paper or plastic wrap and gently pound with a mallet until it is about 1/4 inch thick. (It may be easier to butterfly the breast first, depending on how big the breast is.)
- ☐ Spread stuffing over turkey breast, then roll up: Trim the pounded breast until it is roughly a rectangle.
- ☐ Spread a thin layer of the stuffing over the breast, leaving about 3/4 inch border around all sides.
- ☐ Starting with one of the shorter ends of the turkey rectangle, roll up the turkey breast.
- ☐ Lay the skin over the top of the rolled breast and tuck any under the edges.
- ☐ Tie up the turkey breast: Tie the rolled turkey breast tightly with kitchen string (cotton, not nylon!) and set it on a roasting pan. Paint it with olive oil, or smear butter or bacon fat over it and sprinkle with salt. If you want more drippings for gravy, place pieces of a turkey wing on the roasting pan as well.
- ☐ Roast: Roast at 400°F for 20 minutes, then drop the heat to 325° and roast for another 10-15 minutes, or until the internal temperature of the breast reads about 155° on a meat thermometer.
- ☐ Rest: Once the turkey reaches that temperature remove it from the roasting pan and tent it loosely with foil.
- ☐ Let it rest at least 10 minutes, and up to 25 minutes.
- ☐ Make gravy with pan drippings: While the turkey breast is resting, if you want, you may be able to make a little gravy with the drippings. If you are only cooking the breast, and not the

optional turkey wing as well, you may not have much to work with. But even a little bit of drippings can flavor a gravy. (If you really don't have much fat to work with, you can melt two tablespoons of butter into the roasting pan.)

- ☐
- Take the roasting pan with drippings and place over two burners on the stove-top on medium (if using turkey wing, remove first).
- ☐
- Sprinkle with flour and stir until the flour is incorporated into the drippings.
- ☐
- Slowly add stock, whisking constantly, until smooth. Season with salt, pepper, and poultry seasoning or ground sage or thyme.
- ☐
- Let simmer on the stove until thickened to your preference.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:39.072173616161%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 746.37kcal (37.32%), Fat: 31.44g (48.37%), Saturated Fat: 6.29g (39.28%), Carbohydrates: 33.19g (11.06%), Net Carbohydrates: 30.57g (11.11%), Sugar: 11.71g (13.01%), Cholesterol: 211mg (70.33%), Sodium: 1362.94mg (59.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.67g (167.35%), Vitamin B3: 36.18mg (180.91%), Vitamin B6: 2.8mg (140.03%), Selenium: 91.93µg (131.33%), Copper: 2.49mg (124.54%), Phosphorus: 900.61mg (90.06%), Vitamin K: 48.71µg (46.39%), Vitamin B2: 0.72mg (42.1%), Zinc: 5.67mg (37.8%), Vitamin B12: 2.23µg (37.13%), Vitamin B5: 3.41mg (34.12%), Potassium: 1152.36mg (32.92%), Magnesium: 114.52mg (28.63%), Vitamin B1: 0.4mg (26.94%), Iron: 4.83mg (26.83%), Manganese: 0.53mg (26.63%), Folate: 69.1µg (17.27%), Vitamin E: 2.53mg (16.85%), Calcium: 121.84mg (12.18%), Fiber: 2.63g (10.51%), Vitamin A: 238.08IU (4.76%), Vitamin C: 3.88mg (4.71%), Vitamin D: 0.42µg (2.83%)