



Stuffed Turkey London Broil

 Gluten Free

READY IN



120 min.

SERVINGS



18

CALORIES



119 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter cut into thin slices
- 2 cups brown rice cooked
- 2 tablespoons cream cheese or as needed
- 1 pinch ground allspice to taste
- 1 pinch salt and ground pepper black to taste
- 2 tablespoons pinenuts toasted to taste
- 10 ounce pkt spinach frozen dry thawed drained chopped
- 2 pound turkey breast half boneless skinless

Equipment

- frying pan
- oven
- knife
- baking pan
- kitchen thermometer
- aluminum foil
- skewers

Directions

- Preheat oven to 325 degrees F (165 degrees C). Grease a 9x13-inch baking dish.
- With a sharp knife, slice a deep cut horizontally into the thick side of the turkey breast, leaving a deep pocket.
- Mix together the spinach, brown rice, cream cheese, pine nuts, allspice, salt, and black pepper, until well combined. If stuffing doesn't hold together, mix in a little more cream cheese.
- Place turkey into the prepared baking dish, and stuff the rice mixture into the pocket of the turkey breast. Use skewers to hold the turkey breast closed. Top the meat with thin pats of butter; cover the baking dish with aluminum foil.
- Bake in the preheated oven until the turkey is no longer pink and the stuffing is hot, about 1 hour.
- Remove foil, and return turkey breast to the oven until well browned, about 45 more minutes. Baste occasionally with pan juices. An instant-read meat thermometer inserted into the thickest part of the breast, in the stuffing, should read 165 degrees F (75 degrees C). Slice across the grain of the meat to serve.

Nutrition Facts

 **PROTEIN 54.3%**  **FAT 25.77%**  **CARBS 19.93%**

Properties

Glycemic Index:9.79, Glycemic Load:2.48, Inflammation Score:-8, Nutrition Score:7.5113043049755%

Nutrients (% of daily need)

Calories: 119.17kcal (5.96%), Fat: 3.45g (5.31%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.2g (0.23%), Cholesterol: 46.95mg (15.65%), Sodium: 53.98mg (2.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.72%), Vitamin K: 59.34µg (56.51%), Vitamin A: 1907.74IU (38.15%), Manganese: 0.45mg (22.38%), Iron: 1.33mg (7.41%), Magnesium: 24.34mg (6.08%), Folate: 24.28µg (6.07%), Vitamin E: 0.61mg (4.07%), Calcium: 36.69mg (3.67%), Fiber: 0.89g (3.57%), Phosphorus: 32.91mg (3.29%), Vitamin B6: 0.06mg (3.07%), Copper: 0.06mg (2.77%), Vitamin B1: 0.04mg (2.76%), Vitamin B2: 0.04mg (2.63%), Potassium: 80.93mg (2.31%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.3mg (2.03%), Selenium: 1.11µg (1.58%), Vitamin B5: 0.11mg (1.14%), Vitamin C: 0.88mg (1.07%)