



HEALTH SCORE

90%

Stuffed Turkey with Prunes: Tacchino Ripieno



Very Healthy

READY IN



235 min.

SERVINGS



3

CALORIES



2965 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons pepper black freshly ground
- ☐ 1 tablespoon peppercorns black
- ☐ 2 cups bread crumbs fresh
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 12 honey peeled halved
- ☐ 3.5 pounds chicken wings
- ☐ 2 eggs

- ☐ 1.5 pounds ground pork shoulder
- ☐ 3 servings nutmeg freshly grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons olive oil plus extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 0.5 pound pancetta cut into 1/2-inch dice
- ☐ 1 cup parmigiano-reggiano freshly grated
- ☐ 1 bunch parsley stems
- ☐ 10 prune- cut to pieces italian cut into quarters
- ☐ 1 tablespoons rosemary and sage fresh chopped
- ☐ 3 servings salt and pepper
- ☐ 2 tablespoons tomato paste
- ☐ 5 pound turkey breast whole halved
- ☐ 2 cups wine plus 1 cup dry white

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Preheat the oven to 400 degrees F.

- ☐ In a 12 to 14-inch saute pan, heat the oil over medium-high heat until smoking.
- ☐ Add the pancetta pieces and cook until golden brown, about 7 to 9 minutes.
- ☐ Add the ground pork and cook until starting to brown in its own fat, stirring regularly.
- ☐ Drain all but 4 tablespoons of the fat from the pan, then add the prunes and chestnut, and continue cooking for 8 minutes, until the prunes start to really soften.
- ☐ Remove from the heat and allow to cool, about 20 minutes.
- ☐ Add the bread crumbs, the Parmigiano, the eggs, the pepper, nutmeg, and herbs and just bring together, stirring with your hand. Over-mixing here can result in a lead torpedo for a stuffing, so don't.
- ☐ Place the 2 turkey pieces on a cutting board and divide the stuffing between them.
- ☐ Roll each of the breasts like a jelly roll and tie them firmly with butchers twine.
- ☐ Place the 2 breasts, skin side up, on a roasting rack in a roasting pan and pour 2 cups wine over them. Season with salt and pepper, and place into preheated oven and cook uncovered until dark golden brown outside and a meat thermometer reads 165 at the thickest part of the breast, about 1 hour, plus or minus 10 minutes.
- ☐ Remove and allow to rest 15 minutes before carving.
- ☐ Add remaining 1 cup of wine to the roasting pan and deglaze, scraping with a wooden spoon.
- ☐ Add chicken stock and cook for 5 minutes.
- ☐ Add the 1/4 cup remaining oil and season with salt and pepper. Carve turkey into 1-inch slices and serve with pan sauce.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

Nutrition Facts

PROTEIN 39.63% FAT 43.84% CARBS 16.53%

Properties

Glycemic Index:147.28, Glycemic Load:20.3, Inflammation Score:-10, Nutrition Score:82.399565489396%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 42.49mg, Apigenin: 42.49mg, Apigenin: 42.49mg, Apigenin: 42.49mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg, Myricetin: 2.89mg Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg, Quercetin: 15.94mg

Nutrients (% of daily need)

Calories: 2965.45kcal (148.27%), Fat: 138.68g (213.35%), Saturated Fat: 39.79g (248.67%), Carbohydrates: 117.69g (39.23%), Net Carbohydrates: 104.85g (38.13%), Sugar: 28.25g (31.38%), Cholesterol: 902.64mg (300.88%), Sodium: 3862.39mg (167.93%), Alcohol: 16.48g (100%), Alcohol %: 1.12% (100%), Protein: 282.09g (564.17%), Vitamin B3: 108.52mg (542.6%), Selenium: 308.44µg (440.62%), Vitamin B6: 8.35mg (417.34%), Vitamin K: 388.72µg (370.21%), Phosphorus: 3114.02mg (311.4%), Vitamin A: 13551.81IU (271.04%), Vitamin B1: 2.74mg (182.38%), Vitamin B2: 2.61mg (153.26%), Zinc: 22.45mg (149.7%), Vitamin B12: 8.13µg (135.51%), Potassium: 4392.75mg (125.51%), Manganese: 2.51mg (125.25%), Vitamin B5: 11.56mg (115.62%), Magnesium: 418.76mg (104.69%), Iron: 17.01mg (94.48%), Calcium: 868.27mg (86.83%), Copper: 1.39mg (69.72%), Vitamin C: 55.3mg (67.04%), Folate: 265.22µg (66.31%), Fiber: 12.84g (51.38%), Vitamin E: 6.82mg (45.45%), Vitamin D: 2.1µg (13.98%)