






 **63%**  
HEALTH SCORE

# Sweet Sausage, Sage, and Hazelnut-Stuffed Turkey Breast

 Dairy Free  Very Healthy

READY IN  
  
**45 min.**

SERVINGS  
  
**6**

CALORIES  
  
**1797 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 2 cups bread crumbs with the crust removed (from ½ loaf)
- 1 cup hazelnuts crushed toasted
- 1 pound sausage sweet italian
- 2 tablespoons sage whole finely sliced for roasting
- 15 pound chicken breast halves boneless
- 1 serving salt and pepper freshly ground
- 3 tablespoons olive oil extra virgin extra-virgin

## Equipment

- bowl
- baking sheet
- oven
- knife
- roasting pan
- kitchen thermometer
- kitchen twine

## Directions

- Preheat oven to 400 degrees.
- Place bread cubes on a baking sheet.
- Transfer to oven and cook until toasted and golden.
- Remove from oven and transfer to a large bowl.
- Add crushed hazelnuts, sausage, and sage; season with salt and pepper.
- Add 1 tablespoon olive oil and, using your hands, mix stuffing until well combined.
- Place one turkey breast half flat on work surface; holding the blade of the knife parallel to the board, slice along the length of the breast, but not all the way through, starting with the thickest portion. Unfold so the turkey opens like a book.
- Spread half of the stuffing mixture on breast half and fold to enclose like a sandwich. Tie with kitchen twine to secure. Repeat process with remaining turkey breast half and stuffing.
- Coat the bottom of a roasting pan with 1 tablespoon olive oil and add 2 whole sage leaves.
- Place stuffed turkey breast halves in a roasting pan; drizzle with remaining tablespoon olive oil, top with remaining 2 whole sage leaves, and season with salt and pepper.
- Transfer to oven and roast until internal temperature of breast reaches 165 degrees on an instant-read thermometer, 1 to 1 hour and 10 minutes.
- Let stand 10 minutes before slicing and serving.

## Nutrition Facts



■ PROTEIN 58.77% ■ FAT 39.15% ■ CARBS 2.08%

## Properties

Glycemic Index:7.17, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:56.410869619121%

## Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 1796.78kcal (89.84%), Fat: 75.61g (116.32%), Saturated Fat: 18.66g (116.6%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 6.63g (2.41%), Sugar: 3.75g (4.17%), Cholesterol: 783.2mg (261.07%), Sodium: 1935.21mg (84.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 255.36g (510.71%), Vitamin B3: 121.51mg (607.56%), Selenium: 382.1µg (545.86%), Vitamin B6: 8.83mg (441.65%), Copper: 6.77mg (338.66%), Phosphorus: 2550.9mg (255.09%), Vitamin B5: 16.73mg (167.28%), Potassium: 4551.85mg (130.05%), Vitamin B1: 1.3mg (86.85%), Magnesium: 343.01mg (85.75%), Manganese: 1.65mg (82.4%), Vitamin B2: 1.29mg (76.14%), Zinc: 8.48mg (56.51%), Vitamin B12: 2.96µg (49.27%), Vitamin E: 6.16mg (41.08%), Iron: 6.49mg (36.04%), Folate: 79.89µg (19.97%), Vitamin C: 16.38mg (19.85%), Calcium: 106.31mg (10.63%), Fiber: 2.41g (9.64%), Vitamin K: 9.32µg (8.88%), Vitamin D: 1.13µg (7.56%), Vitamin A: 344.19IU (6.88%)