

Tacchino Ripieno

READY IN



45 min.

SERVINGS



12

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons pepper black freshly ground
- 2 cups breadcrumbs fresh
- 12 honey peeled halved
- 3 cups wine dry white
- 2 eggs
- 1.5 pounds boston butt pork shoulder
- 12 servings pepper black freshly ground
- 12 servings nutmeg freshly grated
- 3 tablespoons olive oil extra virgin extra-virgin

- 0.5 pound pancetta cut into 1/2-inch pieces
- 1 cup parmesan freshly grated
- 10 prune- cut to pieces pitted quartered
- 1 tablespoon rosemary leaves fresh chopped
- 1 turkey breast whole halved

Equipment

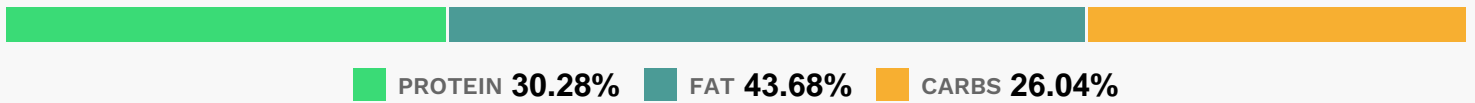
- frying pan
- oven
- roasting pan
- wooden spoon
- kitchen thermometer
- cutting board
- kitchen twine

Directions

- Pound the butterflied breasts to flatten, then season with salt and pepper and refrigerate.
- Preheat oven to 400°F.
- In a 12- to 14-inch sauté pan, heat 3 tablespoons of the oil over medium-high heat until smoking.
- Add the pancetta and cook until golden brown, 7 to 9 minutes.
- Add the pork and cook until it starts to brown in its own fat, about 25 minutes, stirring regularly.
- Drain all but 4 tablespoons of the fat from the pan and add the prunes and chestnuts. Continue cooking for 8 minutes, until the prunes really start to soften.
- Remove from the heat and allow to cool, about 20 minutes.
- Add the bread crumbs, Parmigiano, eggs, pepper, nutmeg, and herbs and just bring together, stirring with your hand. (Overmixing here can result in a lead torpedo for a stuffing, so don't do it.)

- Place the two turkey pieces on a cutting board skin side down and divide the stuffing between them.
- Roll each of the breasts like a jellyroll and tie them firmly in several places with butcher's twine.
- Place the two rolls on a rack in a roasting pan, skin side up.
- Pour 2 cups of the wine over them, season with salt and pepper, and roast until dark golden brown outside and a meat thermometer reads 165° at the fattest part of the breast, about 1 hour, plus or minus 10 minutes.
- Remove and allow to rest 15 minutes before carving.
- Add the remaining cup of wine to the roasting pan and deglaze, scraping with a wooden spoon. Cook for 5 minutes, then add the remaining 1/4 cup of oil. Shake the pan to emulsify the sauce and season with salt and pepper.
- Carve the roast into 1/2-inch slices and drizzle with the pan sauce.
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Nutrition Facts



Properties

Glycemic Index:21.58, Glycemic Load:4.22, Inflammation Score:-5, Nutrition Score:18.910000116929%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 439.99kcal (22%), Fat: 19.26g (29.63%), Saturated Fat: 6.42g (40.11%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.72g (8.63%), Sugar: 5.57g (6.19%), Cholesterol: 103.69mg (34.56%), Sodium: 564.96mg (24.56%), Alcohol: 6.18g (100%), Alcohol %: 3.32% (100%), Protein: 30.05g (60.1%), Selenium: 37.59µg (53.7%),

Vitamin B3: 10.27mg (51.33%), Vitamin B6: 0.82mg (41.15%), Vitamin B1: 0.59mg (39.14%), Phosphorus: 378.38mg (37.84%), Manganese: 0.5mg (25.16%), Vitamin B2: 0.38mg (22.42%), Zinc: 2.95mg (19.64%), Vitamin B12: 1.02µg (17.05%), Calcium: 170.3mg (17.03%), Potassium: 532.75mg (15.22%), Magnesium: 55.7mg (13.92%), Iron: 2.43mg (13.52%), Vitamin B5: 1.26mg (12.61%), Copper: 0.23mg (11.29%), Vitamin K: 10.46µg (9.96%), Folate: 37.26µg (9.32%), Fiber: 2.12g (8.48%), Vitamin E: 0.78mg (5.21%), Vitamin C: 3.8mg (4.61%), Vitamin A: 206.95IU (4.14%), Vitamin D: 0.33µg (2.19%)