



Tandoori-Style Roast Turkey Breast

 **Gluten Free**

READY IN

ready

70 min.

SERVINGS

servings

9

CALORIES

calories

166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 large garlic cloves minced
- ☐ 2 teaspoons ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon saffron threads crushed

- ☐ 0.5 teaspoon salt
- ☐ 3 pound turkey breast boneless frozen thawed such as Butterball

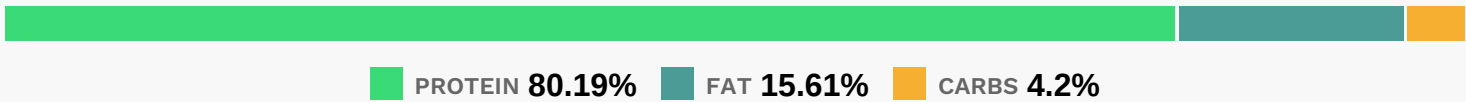
Equipment

- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Remove and discard skin from turkey breast, reserving gravy pouch for another use.
- ☐ Roll up turkey breast. Tie roll securely in several places with heavy string.
- ☐ Place turkey in a large heavy-duty zip-top plastic bag.
- ☐ Stir together yogurt and next 8 ingredients.
- ☐ Pour over turkey; seal bag securely and shake to coat. Marinate in refrigerator 8 hours.
- ☐ Preheat oven to 37
- ☐ Remove turkey from marinade, discarding marinade.
- ☐ Place turkey, seam side down, on the rack of a broiler pan coated with cooking spray. Insert meat thermometer into thickest portion of turkey breast.
- ☐ Bake, uncovered, at 375 for 1 hour or until meat thermometer registers 17
- ☐ Cover with foil, and let stand 15 minutes.
- ☐ Remove string; slice turkey breast crosswise into thin slices.

Nutrition Facts



Properties

Glycemic Index:18.56, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:14.713478135026%

Flavonoids

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 165.61kcal (8.28%), Fat: 2.89g (4.45%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.08g (1.2%), Cholesterol: 82.46mg (27.49%), Sodium: 451.06mg (19.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.47g (66.93%), Vitamin B3: 15.08mg (75.38%), Vitamin B6: 1.19mg (59.73%), Selenium: 35.02µg (50.02%), Phosphorus: 381.4mg (38.14%), Vitamin B12: 1.03µg (17.15%), Vitamin B2: 0.25mg (14.97%), Zinc: 2.14mg (14.26%), Vitamin B5: 1.26mg (12.63%), Potassium: 418.18mg (11.95%), Magnesium: 43.25mg (10.81%), Iron: 1.11mg (6.19%), Calcium: 53.25mg (5.33%), Copper: 0.09mg (4.58%), Vitamin B1: 0.06mg (4.05%), Vitamin A: 172.66IU (3.45%), Folate: 12.35µg (3.09%), Manganese: 0.05mg (2.28%), Fiber: 0.33g (1.3%), Vitamin E: 0.19mg (1.23%), Vitamin D: 0.15µg (1.01%)