



WHATSheATE



Tequila Lime Roasted Turkey Breast



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 lb turkey breast whole bone-in frozen thawed
- ☐ 3 cloves garlic
- ☐ 1 jalapeno seeded cut in half,
- ☐ 3 teaspoons chili powder
- ☐ 2 teaspoons salt
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons olive oil
- ☐ 6 tablespoons tequila

- ☐ 6 tablespoons juice of lime
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup chicken broth
- ☐ 1 lime cut into wedges

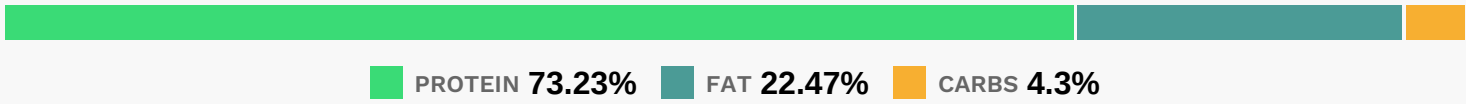
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325°F.
- ☐ Place turkey breast, skin side up, in shallow roasting pan.
- ☐ In mini food processor, place garlic and jalapeño. Cover; process until finely chopped.
- ☐ Add chili powder, salt, pepper, oil, 2 tablespoons of the tequila and 2 tablespoons of the lime juice. Cover; process, using on-and-off pulses, until smooth.
- ☐ Loosen turkey skin, using fingers or spoon; rub garlic mixture under and over turkey skin. Insert ovenproof meat thermometer so tip is in thickest part of breast and does not touch bone.
- ☐ Pour orange juice, broth and remaining 1/4 cup each tequila and lime juice into roasting pan.
- ☐ Roast uncovered 2 hours to 2 hours 30 minutes or until thermometer reads at least 165°F.
- ☐ Place turkey on warm platter; cover with foil.
- ☐ Let stand 15 minutes before carving. Spoon pan juices over turkey; garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:29.793478675511%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 7.38mg, Hesperetin: 7.38mg, Hesperetin: 7.38mg, Hesperetin: 7.38mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 476.16kcal (23.81%), Fat: 11.18g (17.2%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.92g (1.43%), Sugar: 1.73g (1.92%), Cholesterol: 204.31mg (68.1%), Sodium: 1607.78mg (69.9%), Alcohol: 5.01g (100%), Alcohol %: 1.41% (100%), Protein: 81.96g (163.93%), Vitamin B3: 37.78mg (188.89%), Vitamin B6: 2.99mg (149.7%), Selenium: 86.35µg (123.36%), Phosphorus: 905.09mg (90.51%), Vitamin B12: 2.38µg (39.72%), Vitamin B2: 0.57mg (33.83%), Zinc: 5.02mg (33.49%), Vitamin B5: 3.02mg (30.2%), Potassium: 1000.14mg (28.58%), Magnesium: 100.12mg (25.03%), Vitamin C: 16.16mg (19.59%), Iron: 2.41mg (13.38%), Copper: 0.24mg (11.77%), Vitamin B1: 0.15mg (10.05%), Vitamin E: 1.43mg (9.55%), Vitamin A: 432.24IU (8.64%), Folate: 32.94µg (8.23%), Calcium: 67.79mg (6.78%), Manganese: 0.11mg (5.32%), Vitamin K: 4.76µg (4.54%), Fiber: 0.88g (3.52%), Vitamin D: 0.38µg (2.52%)