



# Thanksgiving Dinner for Two: One Pan, One Hour

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



60 min.

SERVINGS



2

CALORIES



1555 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 skin-on turkey breast half boneless
- 1 pound brussels sprouts
- 1.5 pound carrots trimmed cut into 1-inch pieces
- 7 ounces honey whole cooked
- 0.8 ounce thyme sprigs fresh divided
- 2 servings pepper black freshly ground
- 0.5 optional: lemon thinly sliced

- 2 cups chicken broth low-sodium homemade store bought
- 6 tablespoons olive oil divided
- 0.5 cranberry-orange relish thinly sliced

## Equipment

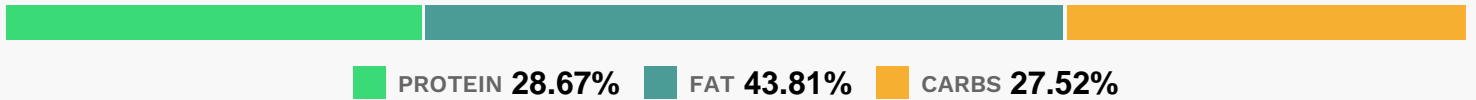
- food processor
- bowl
- frying pan
- oven
- potato masher
- kitchen thermometer
- cutting board
- gravy boat

## Directions

- Adjust oven rack to lower-middle position and preheat the oven to 375°F. Pick half of the thyme from the stem and roughly chop. Rub the turkey breast on all sides with chopped thyme and season with salt and pepper.
- Heat 2 tablespoons olive oil in a large straight-sided sauté pan over medium-high heat until shimmering.
- Add turkey breast skin-side-down and cook until well browned, about 4 minutes.
- Remove from heat and transfer turkey to a large plate.
- When skillet has cooled slightly, arrange citrus slices into a bed that just fits the turkey breast. Arrange remaining whole thyme sprigs on top, then add the turkey breast, skin side-up.
- In a medium bowl, toss brussels sprouts and chestnuts with 2 tablespoons olive oil and season with salt and pepper.
- Add to one side of pan with turkey. Toss carrots with remaining olive oil and season with salt and pepper.
- Add to opposite side of pan with turkey.
- Pour the broth into the pan and bring to a simmer over high heat.

- Transfer to oven and roast, uncovered, until turkey registers 150°F on an instant read thermometer, stirring the vegetables once or twice during cooking (do not mix carrots and brussels sprouts), about 45 minutes.
- Remove from oven and transfer turkey to a cutting board.
- Transfer carrots to a food processor along with some of the softened thyme from the skillet and 2 tablespoons of cooking liquid. Blend until a chunky puree is formed. Season to taste with salt and pepper. Alternatively, mash carrots with a potato masher.
- Transfer carrots and sprouts/chestnuts to a serving platter or individual plates.
- Strain remaining cooking liquid, season to taste, and transfer to a gravy boat. Slice turkey and serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:138.92, Glycemic Load:40.48, Inflammation Score:-10, Nutrition Score:71.023478632388%

### Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg Naringenin: 12.63mg, Naringenin: 12.63mg, Naringenin: 12.63mg, Naringenin: 12.63mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 6.56mg, Luteolin: 6.56mg, Luteolin: 6.56mg, Luteolin: 6.56mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

### Nutrients (% of daily need)

Calories: 1554.54kcal (77.73%), Fat: 76.85g (118.23%), Saturated Fat: 15.04g (93.99%), Carbohydrates: 108.59g (36.2%), Net Carbohydrates: 87.39g (31.78%), Sugar: 25.16g (27.95%), Cholesterol: 281.45mg (93.82%), Sodium: 622.04mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 113.16g (226.31%), Vitamin A: 59179.93IU (1183.6%), Vitamin K: 471.78µg (449.32%), Vitamin C: 301.49mg (365.44%), Vitamin B6: 3.5mg (174.8%), Vitamin B3: 32.19mg (160.95%), Selenium: 101.24µg (144.63%), Phosphorus: 1209.77mg (120.98%), Potassium: 4007.84mg (114.51%), Manganese: 1.87mg (93.69%), Fiber: 21.2g (84.8%), Folate: 308.44µg (77.11%), Iron: 13.11mg (72.86%), Vitamin E: 10.39mg (69.26%), Vitamin B1: 0.98mg (65.22%), Zinc: 9.52mg (63.48%), Magnesium: 251.65mg (62.91%), Copper: 1.25mg (62.62%), Vitamin B2: 1.05mg (62.05%), Vitamin B5: 4.97mg (49.69%), Calcium: 356.14mg (35.61%), Vitamin B12: 2.05µg (34.24%)