



Tiggy



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon stonemill essentials ground pepper black
- ☐ 1 tablespoon carlini olive oil 100% pure
- ☐ 0.5 teaspoon stonemill essentials onion powder
- ☐ 8 ounces appleton farms pork sausage roll
- ☐ 1 teaspoon stonemill essentials iodized salt
- ☐ 4 pounds kirkwood turkey breast boneless thawed

Equipment

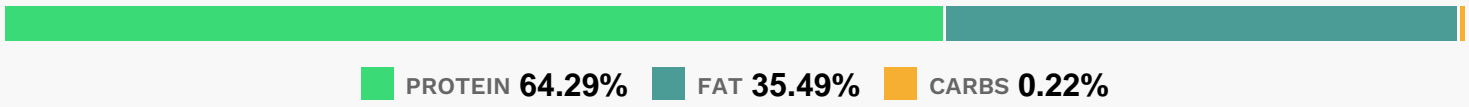
- ☐ oven

- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Remove turkey breast from package.
- ☐ Lay skin side down. Slice each turkey breast in half crosswise without cutting all the way through. Open like a book. Repeat this process once more on each of the opened flaps, creating a large 3/4-inch thick piece of meat. Be sure to keep the skin intact. Press the sausage into an even layer over the turkey breast.
- ☐ Roll and tie the roast, using cooking twine to secure. Rub the outside with olive oil, sprinkle with seasonings.
- ☐ Place on a rack in a roasting pan. Roast until internal temperature of the turkey breast is 165 degrees F, approximately 2 hours.
- ☐ Allow to rest for 10 minutes, then slice and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:21.487826092736%

Nutrients (% of daily need)

Calories: 331.46kcal (16.57%), Fat: 13.04g (20.06%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.12g (0.14%), Cholesterol: 142.88mg (47.63%), Sodium: 938.34mg (40.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.16g (106.31%), Vitamin B3: 23.84mg (119.21%), Vitamin B6: 1.85mg (92.28%), Selenium: 51.51µg (73.58%), Phosphorus: 574.11mg (57.41%), Vitamin B12: 1.67µg (27.83%), Zinc: 3.57mg (23.81%), Vitamin B2: 0.36mg (21.4%), Vitamin B5: 1.95mg (19.51%), Potassium: 622.12mg (17.77%), Magnesium: 61.03mg (15.26%), Vitamin B1: 0.15mg (10.23%), Iron: 1.57mg (8.71%), Copper: 0.14mg (6.96%), Folate: 16.26µg (4.07%), Vitamin D: 0.6µg (3.97%), Calcium: 35.53mg (3.55%), Vitamin E: 0.44mg (2.96%), Manganese: 0.04mg (1.78%), Vitamin A: 67.31IU (1.35%), Vitamin K: 1.38µg (1.31%)