



Turkey Breast Braciola

READY IN



45 min.

SERVINGS



12

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large onion chopped
- 1.5 pounds endive washed drained well
- 0.3 pound pancetta thinly sliced
- 3 tablespoons olive oil
- 1 slice bread white minced ()
- 0.5 cup wine dry white
- 0.3 cup pinenuts toasted
- 1.5 cups chicken broth
- 2 pounds turkey breast meat boneless skinless

- 0.3 cup parmesan cheese freshly grated
- 2 teaspoons juice of lemon fresh
- 0.5 cup raisins

Equipment

- bowl
- frying pan
- sauce pan
- sieve
- plastic wrap
- cutting board
- meat tenderizer
- kitchen twine

Directions

- Coarsely chop enough escarole to measure about 7 cups loosely packed and reserve remaining escarole. In a 12-inch skillet heat 2 tablespoons oil over moderately high heat until hot but not smoking and sauté onion, stirring occasionally, until it begins to brown. To onion add chopped escarole and cook, stirring frequently, until wilted. Stir in raisins and 1/2 cup broth and cook over high heat until most liquid is evaporated.
- Remove skillet from heat and stir Parmesan, pine nuts, and bread into filling.
- Put turkey on a long sheet of plastic wrap. Butterfly turkey breast: Beginning from a long side make a horizontal lengthwise cut almost but not all the way through turkey and spread turkey open to form a larger, thinner piece of meat. Top turkey with another sheet of plastic wrap and pound with a meat mallet or bottom of a heavy skillet until meat measures about 12 by 8 inches, being careful not to make any holes in it.
- Discard top sheet of plastic wrap and arrange prosciutto, overlapping slightly, in one layer over turkey.
- Spread a 1/2-inch-thick layer of filling over prosciutto, leaving a 1/2-inch border all around and reserving any remaining filling. Beginning with a long side and using plastic wrap as a guide, roll up turkey and turn it seam side down (discard plastic wrap). Tie rolled turkey with kitchen string lengthwise and then crosswise at 1-inch intervals and season with salt and

pepper.

- In a 12-inch deep skillet heat remaining tablespoon oil over moderately high heat until hot but not smoking and brown turkey, turning it.
- Add wine, remaining cup broth, and any remaining filling and braise, covered, over moderately low heat, turning turkey halfway through cooking, 35 minutes.
- Transfer turkey to a cutting board and cool. Strain braising liquid through a sieve into a small saucepan. Boil liquid until reduces to about 1/2 cup and skim off foam. Stir in lemon juice and cool sauce completely. Turkey and sauce may be made 2 days ahead and chilled separately, covered with plastic wrap.
- Discard string from turkey and cut turkey crosswise into 1/2-inch-thick slices. Shred reserved escarole and in a bowl toss with half of sauce. Arrange escarole on a platter with turkey slices and drizzle turkey with remaining sauce.

Nutrition Facts

PROTEIN 42.75% **FAT 40.61%** **CARBS 16.64%**

Properties

Glycemic Index:17.04, Glycemic Load:3.5, Inflammation Score:-7, Nutrition Score:12.793043446282%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg, Kaempferol: 5.81mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 252.02kcal (12.6%), Fat: 11.3g (17.39%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 7.84g (2.85%), Sugar: 1.06g (1.18%), Cholesterol: 71.63mg (23.88%), Sodium: 186.88mg (8.13%), Alcohol: 1.03g (100%), Alcohol %: 0.62% (100%), Protein: 26.78g (53.55%), Vitamin K: 134.85µg (128.43%), Manganese: 0.56mg (28.05%), Vitamin A: 1257.35IU (25.15%), Folate: 86.44µg (21.61%), Iron: 2.34mg (12.99%), Fiber: 2.58g (10.32%), Potassium: 323.39mg (9.24%), Phosphorus: 85.15mg (8.51%), Calcium: 82.6mg (8.26%), Vitamin E: 1.08mg (7.19%), Vitamin B1: 0.11mg (7.02%), Copper: 0.14mg (7.02%), Vitamin B3: 1.36mg (6.8%), Vitamin C: 5.29mg (6.41%), Zinc: 0.96mg (6.4%), Vitamin B5: 0.62mg (6.23%), Magnesium: 23.03mg (5.76%), Vitamin B2: 0.1mg (5.7%),

Selenium: 3.79µg (5.41%), Vitamin B6: 0.08mg (3.93%), Vitamin B12: 0.11µg (1.9%)