



 **12%**
HEALTH SCORE

Turkey Breast Roulade

 **Gluten Free**

READY IN



100 min.

SERVINGS



30

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter melted
- 2.3 pounds deli honey ham thinly sliced
- 1.5 teaspoons thyme dried
- 22.5 ounces marinated artichoke drained chopped
- 12 ounces mushrooms drained chopped canned
- 12 ounces mushrooms drained chopped canned
- 3 tablespoons onion sweet chopped
- 9 pounds turkey breast boneless

Equipment

- bowl
- oven
- plastic wrap
- baking pan
- kitchen thermometer
- kitchen twine

Directions

- In a large bowl, combine the artichokes, mushrooms and onion; set aside. With skin side down, cut a lengthwise slit through the thickest portion of each turkey breast to within 1/2 in. of bottom. Open the turkey breasts so they lie flat; cover with plastic wrap. Flatten to 3/4- to 1-in. thickness; remove plastic.
- Place ham slices over turkey to within 1 in. of edges. Spoon vegetable mixture lengthwise down center of the ham.
- Roll each turkey breast, starting from a side where the fold is in the center. Secure with kitchen string at 3-in. intervals.
- Place the turkey rolls seam side down in one greased 15-in. x 10-in. x 1-in. baking pan and one 13-in. x 9-in. baking pan.
- In a small bowl, combine the butter and thyme; spoon over the turkey rolls.
- Bake, uncovered, at 350° for 1-1/4 to 1-3/4 hours or until meat thermometer reads 170°, basting frequently. Cover and let stand for 10 minutes before slicing.

Nutrition Facts

 **PROTEIN 49.68%**  **FAT 47.8%**  **CARBS 2.52%**

Properties

Glycemic Index:3.8, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:17.580434794011%

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: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 303.19kcal (15.16%), Fat: 16.1g (24.76%), Saturated Fat: 6.54g (40.89%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.79g (0.87%), Cholesterol: 110.84mg (36.95%), Sodium: 814.82mg (35.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Vitamin B3: 15.85mg (79.24%), Vitamin B6: 1.21mg (60.46%), Selenium: 40.8µg (58.29%), Phosphorus: 415.64mg (41.56%), Vitamin B2: 0.37mg (21.57%), Vitamin B12: 1.1µg (18.28%), Vitamin B1: 0.27mg (17.92%), Zinc: 2.69mg (17.92%), Vitamin B5: 1.56mg (15.59%), Potassium: 502.14mg (14.35%), Magnesium: 42.88mg (10.72%), Vitamin A: 430.84IU (8.62%), Copper: 0.17mg (8.61%), Iron: 1.36mg (7.57%), Vitamin C: 5.01mg (6.08%), Folate: 15µg (3.75%), Calcium: 29.33mg (2.93%), Vitamin D: 0.42µg (2.8%), Fiber: 0.68g (2.72%), Vitamin E: 0.39mg (2.57%), Manganese: 0.03mg (1.48%), Vitamin K: 1.39µg (1.32%)