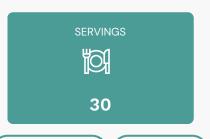


# **Turkey Breast Roulade**

**Gluten Free** 







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

I 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

Eq	uipment	
	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%		
Dra	unartias	

#### **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: Og (100%), Alcohol %: O% (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%)