



Turkey Breast Roulade with Green Chiles and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup wine dry white
- ☐ 8 ounces feta cheese crumbled
- ☐ 8 garlic clove chopped
- ☐ 2 tablespoons ground cumin
- ☐ 2 cups chicken broth
- ☐ 0.5 cup olive oil
- ☐ 6 tablespoons oregano fresh divided chopped

- ☐ 6 large poblano pepper fresh
- ☐ 4.5 pound turkey breast with skin and ribs attached

Equipment

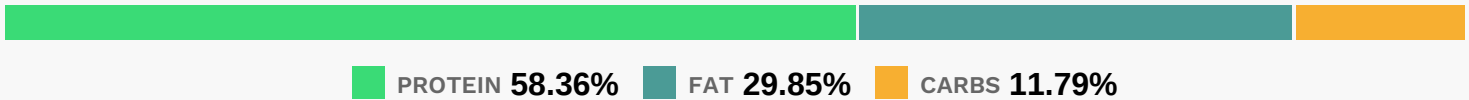
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ skewers
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Char chiles over gas flame or in broiler until blackened all over. Enclose in paper bag 10 minutes, then peel and seed. (Can be prepared 2 days ahead. Cover and chill.)
- ☐ Whisk oil, garlic, and cumin in small bowl to blend. Using small sharp knife, remove bones from 1 turkey breast; reserve bones.
- ☐ Place breast, skin side down, between 2 sheets of plastic wrap. Pound with mallet to 1/2-inch thickness (about 12x9-inch irregular rectangle).
- ☐ Remove top sheet of plastic.
- ☐ Brush turkey with 1/4 of oil mixture; sprinkle with salt and pepper. Top evenly with half of flattened chiles.

- ☐ Sprinkle chiles with half of feta, then 2 tablespoons oregano. Starting at 1 long side, roll up turkey breast jelly-roll style. Secure edge with skewers or toothpicks, then tie with kitchen twine. Repeat with remaining turkey breast, 1/4 of oil mixture, chiles, feta, and 2 tablespoons oregano. Oil two 13x9x2-inch metal baking pans.
- ☐ Transfer roulades to prepared pans, skewer side down.
- ☐ Brush roulades with remaining oil mixture.
- ☐ Add reserved bones to pans.
- ☐ Sprinkle rolls with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate.)
- ☐ Preheat oven to 400°F. Roast roulades until thermometer inserted into thickest part registers 160°F, about 35 minutes.
- ☐ Remove roulades from oven; let stand at room temperature 5 minutes.
- ☐ Transfer roulades to cutting board; tent with foil.
- ☐ Place same baking pans over burners on high heat.
- ☐ Add 1 cup broth, 1/2 cup wine, and 1 tablespoon oregano to each pan; boil until liquid in each pan is reduced to 1 cup, scraping up browned bits, about 5 minutes. Discard bones. Season sauce with salt and pepper.
- ☐ Remove string and skewers from roulades.
- ☐ Cut each into eight slices; transfer to platter.
- ☐ Pour sauce over and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:20.229130205901%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg, Luteolin: 2.9mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 217.68kcal (10.88%), Fat: 7.05g (10.85%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.32g (1.57%), Sugar: 1.83g (2.03%), Cholesterol: 81.5mg (27.17%), Sodium: 437.85mg (19.04%), Alcohol: 1.54g (100%), Alcohol %: 0.76% (100%), Protein: 31.02g (62.04%), Vitamin B3: 13.65mg (68.24%), Vitamin B6: 1.24mg (61.92%), Vitamin C: 50.01mg (60.62%), Selenium: 31.44µg (44.91%), Phosphorus: 381.5mg (38.15%), Vitamin B2: 0.35mg (20.41%), Vitamin B12: 1.07µg (17.88%), Vitamin K: 17.4µg (16.57%), Zinc: 2.3mg (15.32%), Potassium: 504.22mg (14.41%), Calcium: 136.08mg (13.61%), Iron: 2.31mg (12.85%), Magnesium: 50.71mg (12.68%), Manganese: 0.25mg (12.46%), Vitamin B5: 1.22mg (12.2%), Fiber: 1.95g (7.81%), Copper: 0.15mg (7.5%), Vitamin B1: 0.11mg (7.38%), Vitamin A: 354.44IU (7.09%), Folate: 24.33µg (6.08%), Vitamin E: 0.89mg (5.95%), Vitamin D: 0.18µg (1.23%)