



Turkey Breast with White Wine Gravy

 Gluten Free

READY IN



320 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large carrots cut into 1-inch pieces
- 2 ribs celery cut into 4 pieces
- 3 tablespoons cornstarch
- 0.5 teaspoon thyme leaves dried
- 3 cloves garlic roughly chopped
- 2 tablespoons juice of lemon
- 1 cup chicken broth low-sodium
- 1 large onion quartered

- 8 servings salt
- 5.5 lb turkey breast bone-in skinless
- 2 tablespoons butter unsalted melted
- 0.5 cup white wine

Equipment

- frying pan
- whisk
- kitchen thermometer
- aluminum foil
- slow cooker
- cutting board

Directions

- Stir broth, wine, lemon juice, garlic and thyme in slow cooker.
- Add vegetables. Rinse turkey in cold water; pat dry.
- Brush turkey with some of the butter; sprinkle with salt.
- Place turkey in cooker, meaty side up; drizzle with any remaining butter. Cover and cook on low until a thermometer inserted into center of breast reads 170F, 4 to 5 hours.
- Transfer to a cutting board and tent with foil.
- Let rest 15 minutes.
- Strain cooking liquid into a pan.
- Remove 1/4 cup of liquid; whisk with cornstarch until smooth. Stir cornstarch mixture into pan. Bring to a boil, whisking; cook until thickened, 2 to 3 minutes. Season with salt. Slice turkey; serve with gravy.

Nutrition Facts

 **PROTEIN 72.67%**  **FAT 19.81%**  **CARBS 7.52%**

Properties

Glycemic Index:18.85, Glycemic Load:0.88, Inflammation Score:-9, Nutrition Score:27.77652189006%

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 Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 383.77kcal (19.19%), Fat: 8.27g (12.72%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.25g (2.27%), Sugar: 1.8g (2%), Cholesterol: 175.92mg (58.64%), Sodium: 861.67mg (37.46%), Alcohol: 1.54g (100%), Alcohol %: 0.48% (100%), Protein: 68.26g (136.52%), Vitamin B3: 31.53mg (157.63%), Vitamin B6: 2.49mg (124.28%), Selenium: 71.23µg (101.76%), Phosphorus: 761.87mg (76.19%), Vitamin A: 1701.35IU (34.03%), Vitamin B12: 2µg (33.33%), Vitamin B2: 0.48mg (28.38%), Zinc: 4.19mg (27.95%), Potassium: 882.71mg (25.22%), Vitamin B5: 2.51mg (25.11%), Magnesium: 84.62mg (21.15%), Iron: 1.99mg (11.05%), Copper: 0.2mg (9.97%), Vitamin B1: 0.12mg (8.26%), Folate: 31.91µg (7.98%), Calcium: 61.93mg (6.19%), Manganese: 0.11mg (5.66%), Vitamin K: 5.59µg (5.32%), Vitamin C: 4.06mg (4.92%), Fiber: 0.82g (3.26%), Vitamin E: 0.37mg (2.46%), Vitamin D: 0.36µg (2.43%)