



 **61%**
HEALTH SCORE

Turkey Pastrami on Pumpernickel

 Dairy Free  Very Healthy

READY IN



10220 min.

SERVINGS



4

CALORIES



1071 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup peppercorns black
- 0.3 cup brown sugar dark
- 8 cloves garlic smashed
- 0.3 cup juniper berries crushed
- 0.5 cup juniper berries
- 0.3 cup kosher salt
- 2 tablespoons mayonnaise
- 0.3 cup freshly cracked peppercorns black

- 1 cup hickory chips
- 0.5 onion red very thin sliced
- 1 pinch pepper flakes red
- 1 teaspoon pepper flakes red
- 4 romaine lettuce leaves trimmed
- 8 pieces cocktail rye bread dark
- 2 tablespoons mustard stone-ground
- 2 tomatoes ends trimmed sliced in 8 (1/4-inch) slices
- 5 pound turkey breast fresh bone-in
- 3 cups water

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- loaf pan
- aluminum foil
- broiler

Directions

- For the brine: In a medium saucepan, bring to a boil all ingredients except the turkey. Simmer until sugar and salt are dissolved.
- Let cool completely. Double a one gallon re-sealable bag and fill with brine.
- Add turkey, seal bags and place in a shallow pan in the refrigerator for 5 to 7 days. (Just in case of leaking, check occasionally.)
- Remove breast from brine and rinse and dry well.

- For the rub:Pulse all the ingredients in a spice grinder or food processor until it becomes a coarse paste. Rub mixture all over turkey breast. Wrap tightly in plastic wrap and refrigerate resting in a bowl for 24 hours.
- To cook:Soak the chips submerged in water for 15 minutes.
- Place oven rack to position 4 inches below broiler. Preheat broiler on high.
- Drain chips and place in a 2 pound aluminum loaf pan. Broil the chips for 5 minutes, stir broil another 2 minutes.
- Remove to lower third of oven. Preheat oven to 250 degrees F.
- Place turkey skin side up in a pan fitted with a roasting rack.
- Place oven rack used to broil the chips in to the center of oven and roast turkey above smoking chips for one hour.
- Increase the heat to 325 degrees F if convection, 350 degrees F if standard oven. Carefully turn over and continue to roast until internal temperature reaches 160 degrees F, another 1 hour 20 minutes.
- Remove turkey from oven. Cover loosely with foil and cool.
- To make the sandwich:Slice pastrami very thin. Toast bread.
- Spread mayonnaise on 1 piece, layer pastrami, onions, tomato and lettuce on top.
- Spread mustard on the other piece of toast.
- Place on top and cut it in half diagonally. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:90.33, Glycemic Load:15.39, Inflammation Score:-10, Nutrition Score:54.405217668285%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 1071.38kcal (53.57%), Fat: 32.19g (49.53%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 73.1g (24.37%), Net Carbohydrates: 60.64g (22.05%), Sugar: 16.6g (18.44%), Cholesterol: 309.11mg (103.04%), Sodium: 8704.16mg (378.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 130.72g (261.43%), Vitamin B3: 58.62mg (293.11%), Vitamin B6: 4.77mg (238.62%), Manganese: 4.27mg (213.54%), Selenium: 134.98µg (192.82%), Phosphorus: 1481.95mg (148.19%), Vitamin K: 94.22µg (89.73%), Vitamin A: 3392.61IU (67.85%), Potassium: 2325.33mg (66.44%), Vitamin B12: 3.58µg (59.67%), Magnesium: 225.25mg (56.31%), Vitamin B2: 0.95mg (55.99%), Zinc: 8.33mg (55.54%), Vitamin B5: 5.34mg (53.4%), Fiber: 12.46g (49.86%), Iron: 7.72mg (42.9%), Copper: 0.84mg (41.92%), Folate: 110.85µg (27.71%), Calcium: 274.62mg (27.46%), Vitamin B1: 0.35mg (23.12%), Vitamin C: 16.19mg (19.63%), Vitamin E: 1.49mg (9.92%), Vitamin D: 0.58µg (3.87%)