



Turkey Roulade with Apple-Cider Gravy

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 3 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 cups day-old bread whole-wheat cubed
- ☐ 2 tablespoons canola oil divided
- ☐ 1 teaspoon cornstarch dissolved in 1 tablespoon cold water
- ☐ 0.5 cup cranberries dried
- ☐ 2 tablespoons sage dried fresh divided crumbled

- ☐ 2 large garlic cloves minced
- ☐ 1.5 cups chicken broth low-sodium divided
- ☐ 0.3 cup pecans lightly toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pound turkey breast skinless

Equipment

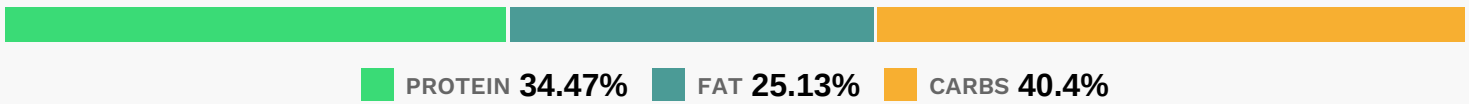
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ cutting board
- ☐ meat tenderizer
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Kitchen twine
- ☐ Place the turkey breast between 2 sheets of plastic wrap and pound lightly with a meat mallet to an even thickness of about 3/4-inch. Set aside while stuffing is prepared.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Place the cranberries in a small saucepan and cover with water. Bring to a boil, cook for 1 minute, then remove from heat, drain and reserve.
- ☐ Heat 2 teaspoons oil in a large heavy skillet over medium heat.
- ☐ Add the diced onions and cook, stirring, until onions are golden but not charred, about 12 to 15 minutes.

- ☐ Add the garlic and cook an additional 2 to 3 minutes.
- ☐ Add bread, cranberries, pecans, 2 tablespoons fresh or 2 teaspoons dried sage and 1/2 to 3/4-cup chicken stock, depending upon consistency of stuffing; (you want the mixture to be moistened, but not too wet, since the turkey will release moisture when cooked). Cook over low heat for about 2 to 3 minutes, remove from heat.
- ☐ Salt and pepper the inside and outside of the turkey breast.
- ☐ Spread the stuffing on the turkey, leaving about 1 1/2 to 2-inches uncovered on all sides.
- ☐ Roll up and secure tightly with kitchen twine, trying to keep all stuffing intact.
- ☐ Heat 1 tablespoon of canola oil in a large Dutch oven or medium-sized roasting pan until hot. Sear stuffed turkey breast on all sides until lightly browned, 3 to 4 minutes per side.
- ☐ Add sliced onion and 1 1/2 cups chicken stock, cover tightly and roast in the oven until turkey reaches 160 degrees F when an instant-read thermometer is inserted into inner layer of meat, about 60 to 65 minutes.
- ☐ Remove the turkey breast from oven and transfer to a cutting board to rest.
- ☐ Add apple cider, 1/2 cup chicken stock, vinegar and remaining sage to the onions, chicken stock and juices in the roasting pan, bring to a boil and cook for approximately 10 minutes, stirring occasionally, until liquid is reduced by 1/2
- ☐ Slowly add the cornstarch mixture, stirring constantly, and cook for 3 minutes more. The gravy should not be thick, just slightly thicker than a jus. Season with salt and pepper, to taste. Makes 1 1/2 cups gravy.
- ☐ Remove twine from turkey breast and slice into 1 1/2-inch thick pieces.
- ☐ Serve with gravy.

Nutrition Facts



Properties

Glycemic Index:35.24, Glycemic Load:27.09, Inflammation Score:-6, Nutrition Score:32.710869447045%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg,

Epigallocatechin: 0.34mg Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg, Epicatechin: 1.9mg
Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg,
Epigallocatechin 3–gallate: 0.14mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg
Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 609.38kcal (30.47%), Fat: 17.24g (26.52%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 62.35g (20.78%), Net Carbohydrates: 56.89g (20.69%), Sugar: 17.23g (19.14%), Cholesterol: 102.06mg (34.02%), Sodium: 1069.84mg (46.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.19g (106.39%), Vitamin B3: 25.28mg (126.38%), Selenium: 71.81µg (102.59%), Vitamin B6: 1.63mg (81.71%), Manganese: 1.58mg (79.21%), Phosphorus: 614.15mg (61.41%), Vitamin B1: 0.52mg (34.95%), Vitamin B2: 0.56mg (33%), Iron: 5.16mg (28.69%), Zinc: 3.88mg (25.87%), Magnesium: 101.59mg (25.4%), Folate: 100.22µg (25.06%), Vitamin B5: 2.37mg (23.74%), Fiber: 5.45g (21.81%), Potassium: 734.39mg (20.98%), Vitamin B12: 1.25µg (20.83%), Vitamin K: 20.72µg (19.73%), Copper: 0.37mg (18.4%), Calcium: 174.18mg (17.42%), Vitamin E: 1.47mg (9.8%), Vitamin A: 83.43IU (1.67%), Vitamin C: 1.17mg (1.41%), Vitamin D: 0.19µg (1.26%)