

Turkey Tonnato

 **Gluten Free**

READY IN



79 min.

SERVINGS



10

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 fillet anchovy packed in olive oil, drained
- 3.5 pounds turkey breast boneless
- 6 ounce tuna packed in olive oil canned
- 2 tablespoon capers drained
- 3 stalks celery roughly chopped
- 0.5 cup chicken stock see as needed plus more,
- 0.5 cup cup heavy whipping cream plus more if desired
- 2 cups endive (combined)

- 1 cup fennel bulb shaved
- 1 cup corn kernels fresh
- 2 tablespoons flat-leaf parsley fresh minced for garnish
- 1 clove garlic slivered roughly chopped
- 1 tablespoon juice of lemon
- 1 tablespoon juice of lemon fresh
- 1 cup mayonnaise
- 10 servings marinated mushrooms store bought
- 1 tablespoons olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 10 servings olive oil extra-virgin
- 0.5 cup niçoise olives pitted
- 1 medium onion roughly chopped
- 10 servings marinated roasted peppers store bought
- 10 servings salt and pepper black freshly ground
- 0.3 teaspoon pepper white

Equipment

- frying pan
- oven
- blender
- plastic wrap
- roasting pan
- aluminum foil
- kitchen twine

Directions

- Preheat oven to 450 degrees F.

- Place slivers of garlic on the inside of the turkey breast and roll into neat package, tie with kitchen twine. Rub olive oil all over the roast and season with salt and pepper. If turkey breast was purchased tied, make small slits on the outside of the roast and insert the slivered garlic into the slits.
- Put the onion, celery, and chopped garlic in roasting pan with 1/2 cup of the stock.
- Lay seasoned turkey breast roll on top. Lightly tent pan with foil.
- Add more stock, as necessary, to keep vegetables from burning. Roast for about 45 minutes, until internal temperature registers 160 degrees F.
- Remove and let cool in pan. When turkey is room temperature, wrap well in plastic wrap, and refrigerate at least 4 hours or up to 2 days. Discard the onion, celery, and garlic.
- Put the tuna, anchovies, 2 tablespoons of parsley, olive oil, and lemon juice in blender. Using short pulses, puree the mixture. Scrape the sides down frequently and stir to ensure even blending. When smooth, add the mayonnaise, capers, and white pepper and blend.
- Add the cream, a little at a time until you have desired texture and flavor.
- Additional white pepper, lemon, or anchovy may be added at this point, if desired. The sauce may be prepared up to 2 days in advance and refrigerated.
- To serve, arrange the selection of greens, fennel, and corn on platter.
- Drizzle lightly with olive oil, season with salt, pepper, and a squeeze of lemon. Slice turkey thinly, about 1/8-inch thick, and arrange on top of the greens.
- Drizzle with the sauce.
- Garnish with minced parsley and olives.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:24.104782653892%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg

0.72mg, Isorhamnetin: 0.72mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.4mg, Quercetin: 5.4mg,
Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 570.92kcal (28.55%), Fat: 43.63g (67.12%), Saturated Fat: 8.64g (54.02%), Carbohydrates: 6.68g (2.23%),
Net Carbohydrates: 5.31g (1.93%), Sugar: 2.83g (3.15%), Cholesterol: 116.27mg (38.76%), Sodium: 712.62mg
(30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.53%), Vitamin B3: 18.34mg (91.72%),
Vitamin K: 75.11µg (71.54%), Selenium: 49.84µg (71.19%), Vitamin B6: 1.35mg (67.7%), Phosphorus: 443.74mg
(44.37%), Vitamin E: 4.03mg (26.85%), Vitamin B12: 1.5µg (24.93%), Vitamin B2: 0.31mg (18.52%), Potassium:
602.57mg (17.22%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.53mg (15.35%), Magnesium: 59.35mg (14.84%), Vitamin A:
522.17IU (10.44%), Iron: 1.78mg (9.88%), Folate: 35.48µg (8.87%), Vitamin C: 6.77mg (8.21%), Copper: 0.15mg
(7.59%), Vitamin B1: 0.1mg (6.95%), Calcium: 63.66mg (6.37%), Manganese: 0.12mg (6.07%), Fiber: 1.37g (5.47%),
Vitamin D: 0.6µg (3.99%)