



Turkey Tonnato with Potatoes and Green Beans



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large anchovy
- ☐ 6 servings basil fresh
- ☐ 6 oz tuna packed in olive oil, drained canned
- ☐ 2 tablespoons capers rinsed drained
- ☐ 1 qt chicken broth
- ☐ 1 lb haricots verts french trimmed thin (green beans)
- ☐ 0.5 cup olives black pitted quartered

- ☐ 3 tablespoons juice of lemon fresh to taste ()
- ☐ 0.8 cup mayonnaise
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 lb potatoes – remove skin red peeled quartered ()
- ☐ 2.5 lb turkey breast with bones and skin)
- ☐ 1 tablespoon water
- ☐ 2 qt water

Equipment

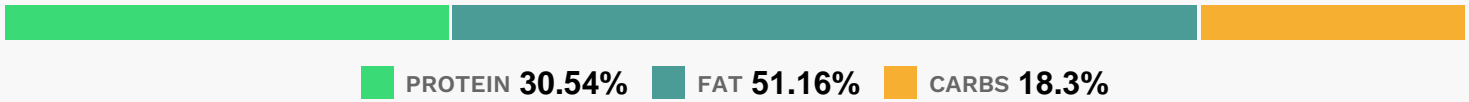
- ☐ pot
- ☐ blender
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board

Directions

- ☐ Put turkey breast in a 6- to 8-quart pasta pot and add broth and enough water to cover turkey by 1 inch.
- ☐ Remove turkey and bring liquid to a boil. Season with salt and return turkey to pot, then poach at a bare simmer, uncovered, skimming any froth, until an instant-read thermometer inserted 2 inches diagonally into thickest part of breast (do not touch bone) registers 155°F, 1 to 1 1/4 hours. Cool turkey in broth 30 minutes (internal temperature will rise to 170°F).
- ☐ Purée tuna, anchovies, mayonnaise, oil, lemon juice, and water in a blender until very smooth.
- ☐ Transfer turkey to a cutting board, then bring remaining poaching liquid to a boil.
- ☐ Add half of beans and cook, uncovered, until crisp-tender, 3 to 5 minutes.
- ☐ Transfer with a slotted spoon to a colander and refresh under cold water. Cook remaining beans and refresh in same way.
- ☐ Add potatoes to broth in pot and simmer until just tender, about 10 minutes.
- ☐ Drain potatoes, reserving broth for another use.

- ☐
- Thinly slice turkey breast on the diagonal. Arrange beans on a platter and top with potatoes, then drizzle vegetables with some tonnato sauce. Top with turkey slices and more tonnato sauce.
- ☐
- Sprinkle dish with capers, olives, and basil.
- ☐
- Serve remaining sauce on the side.
- ☐
- Turkey may be cooked 1 day ahead. Cool in broth, uncovered, 1 hour, then chill in broth, covered. (Cooling in broth helps keep turkey tender and moist.)• If you have a pasta pot with a shallow steamer–basket insert, you can cook turkey in pot, then, after removing it, simmer potatoes in broth while steaming beans in insert.• Tonnato sauce can be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:36.569130462149%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg, Kaempferol: 3.84mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 673.27kcal (33.66%), Fat: 38.93g (59.89%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 26.2g (9.53%), Sugar: 5.61g (6.24%), Cholesterol: 128.38mg (42.79%), Sodium: 1513.84mg (65.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.29g (104.58%), Vitamin B3: 24.56mg (122.78%), Vitamin B6: 1.93mg (96.74%), Vitamin K: 98.93µg (94.22%), Selenium: 65.48µg (93.55%), Phosphorus: 623.93mg (62.39%), Potassium: 1415.92mg (40.45%), Vitamin B12: 2µg (33.28%), Vitamin B2: 0.53mg (31.38%), Vitamin C: 25.6mg (31.03%), Magnesium: 115.64mg (28.91%), Vitamin E: 3.73mg (24.88%), Manganese: 0.5mg (24.85%), Copper: 0.48mg (24.15%), Zinc: 3.58mg (23.84%), Vitamin B5: 2.19mg (21.91%), Iron: 3.85mg (21.37%), Fiber: 5.12g (20.49%), Vitamin B1: 0.3mg (19.85%), Folate: 71.92µg (17.98%), Vitamin A: 762.37IU (15.25%), Calcium: 106.71mg (10.67%), Vitamin D: 0.59µg (3.9%)