

6 Turkey Roast with Apples



Turkey breast roast, divided in two (710-1220)	2 ¾ lbs.	1.25 kg
Sauce		
Dijon mustard	5 ml 1 teaspoon	5 g
Herbes de Provence	5 ml 1 teaspoon	4 g
Pepper	To taste	
Soy sauce	15 ml 1 tablespoon	15 g
Honey	15 ml 1 tablespoon	20 g
Applesauce, unsweetened	500 ml 2 cups	515 g

- : 10
- : 10 minutes
- : 4 hours
- : yes

Nutrition Facts	
For 2 slices (160 g)	
Amount	% Daily Value
Calories 150	
Fat 2 g	3%
Saturated 3 g	
+ trans 0 g	15%
Polyunsaturated 0 g	
Omega-6 0 g	
Omega-3 0 g	
Monounsaturated 0 g	
Cholesterol 55 mg	18%
Sodium 170 mg	7%
Potassium 300 mg	9%
Carbohydrates 8 g	3%
Fibre 1 g	4%
Sugar 7 g	
Protein 25 g	
Vitamin A 17 RE	2%
Vitamin C 2 mg	2%
Calcium 17 mg	2%
Iron 0.9 mg	6%
Phosphorus 5.7 mg	0%

- 1 Preheat oven to 165 °C (325 °F).
- 2 Place raw frozen roast with its boil-in-bag in a roasting pan and perforate bag with a fork.
- 3 Fill roasting pan up to the top with water.
- 4 Cook until temperature of roast reaches 71 °C (160 °F), around 4 hours.
- 5 Remove roast from oven, let stand at room temperature for 45 minutes.
- 6 Refrigerate if not served immediately.
- 7 Mix all the ingredients for the sauce and serve with the roast.

<p>Chef's Remarks</p> <p>■ The Herbes de Provence mix used in the recipe is made with basil, chervil, fennel, marjoram, oregano, rosemary, savory, sage and thyme.</p>	<p>Canada's Food Guide Portions</p> <p>½ servings of vegetables and fruit + 1 ½ servings of meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>½ serving of fruit + 3 servings of meat and alternatives.</p>
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)