

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.

Chef's Remarks

The Herbes de Provence mix used in the recipe is made with basil, chervil, fennel, marjoram, oregano, rosemary, savory, sage and thyme.

Canada's Food Guide Portions

½ servings of vegetables and fruit + 1 ½ servings of meat and alternatives.



Olymel Product Allergens

*Contains : none

Food Exchange System

½ serving of fruit + 3 servings of meat and alternatives.

*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)