



Best Brined Turkey Breast

 **Gluten Free**  **Dairy Free**

READY IN



880 min.

SERVINGS



8

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 cups water
- 0.5 cup salt
- 0.5 cup sugar
- 4 pounds turkey breast whole bone-in frozen thawed
- 1 onion cut into eighths
- 2 rosemary leaves fresh
- 4 thyme sprigs fresh
- 3 bay leaves dried

- 6 tablespoons butter melted
- 0.3 cup wine dry white (from 32-oz carton)

Equipment

- bowl
- frying pan
- oven
- pot
- roasting pan
- kitchen thermometer
- cheesecloth

Directions

- In 6-quart container or stockpot, mix water, salt and sugar; stir until sugar and salt are dissolved.
- Add turkey. Cover; refrigerate at least 12 hours but no longer than 24 hours.
- Heat oven to 325°F.
- Remove turkey from brine, rinse thoroughly under cool running water and pat dry.
- Place onion on center of rack in large shallow roasting pan; top with rosemary, thyme and bay leaves.
- Place turkey, skin side up, over onion and herbs.
- In small bowl, mix butter and wine. Soak 16-inch square of cheesecloth in butter mixture until completely saturated; cover turkey completely with cheesecloth. Roast 1 hour 30 minutes.
- Remove cheesecloth.
- Place onion and herbs in pan with drippings if using drippings to make gravy (or discard). Insert ovenproof meat thermometer so tip is in thickest part of turkey and does not touch bone. Turn turkey skin side down. Roast 30 to 60 minutes longer or until thermometer reads 165°F.

Nutrition Facts



■ PROTEIN **53.98%** ■ FAT **30.39%** ■ CARBS **15.63%**

Properties

Glycemic Index:19.64, Glycemic Load:9.06, Inflammation Score:-7, Nutrition Score:21.131739044319%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 365.28kcal (18.26%), Fat: 12.3g (18.92%), Saturated Fat: 2.42g (15.16%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.88g (5.05%), Sugar: 13.24g (14.71%), Cholesterol: 122.47mg (40.82%), Sodium: 7654.03mg (332.78%), Alcohol: 0.77g (100%), Alcohol %: 0.18% (100%), Protein: 49.14g (98.28%), Vitamin B3: 22.55mg (112.73%), Vitamin B6: 1.78mg (89.1%), Selenium: 51.65µg (73.79%), Phosphorus: 543.73mg (54.37%), Vitamin B12: 1.44µg (23.99%), Zinc: 3.04mg (20.26%), Vitamin B2: 0.34mg (20.17%), Vitamin B5: 1.79mg (17.91%), Potassium: 585.28mg (16.72%), Magnesium: 63.06mg (15.76%), Vitamin A: 454.6IU (9.09%), Copper: 0.18mg (8.81%), Iron: 1.46mg (8.11%), Vitamin B1: 0.08mg (5.53%), Calcium: 54.36mg (5.44%), Folate: 19.23µg (4.81%), Manganese: 0.08mg (3.76%), Vitamin E: 0.46mg (3.1%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.23µg (1.51%), Fiber: 0.35g (1.4%)