



Butter-Roasted Turkey Breasts



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 head cloves crushed peeled
- ☐ 8 servings pepper freshly ground
- ☐ 4 sprigs rosemary
- ☐ 6 sprigs thyme leaves
- ☐ 3.5 pounds turkey breast bone-in
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

Equipment

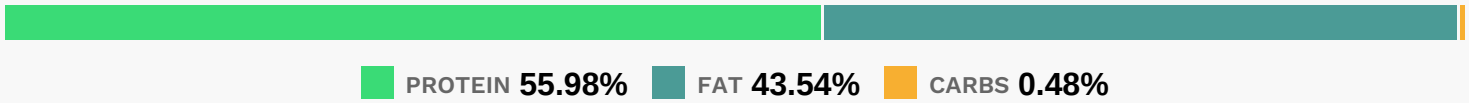
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425°F. Gently loosen skin from turkey breasts and rub butter under skin and all over outside of breasts; season with salt and pepper.
- ☐ Scatter thyme sprigs, rosemary sprigs, and garlic over a large rimmed baking sheet and arrange turkey breasts, skin side up, on top. Roast turkey breasts, turning halfway through, until skin is crisp and golden brown and an instant-read thermometer inserted into the thickest part of breasts registers 160°F (for optimal moistness, you will want to cook the white meat of the turkey breasts to a lower internal temperature than you would if cooking a whole bird), 45–55 minutes.
- ☐ Transfer turkey breasts to a platter and let rest 10 minutes before carving.
- ☐ Serve turkey breasts with pan drippings alongside.

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:18.884347615035%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg

Nutrients (% of daily need)

Calories: 303.67kcal (15.18%), Fat: 14.84g (22.83%), Saturated Fat: 7.87g (49.22%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.18g (0.06%), Sugar: 0.11g (0.12%), Cholesterol: 137.66mg (45.89%), Sodium: 410.82mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.93g (85.86%), Vitamin B3: 19.72mg (98.59%), Vitamin B6: 1.54mg (77.13%), Selenium: 45.21µg (64.58%), Phosphorus: 472.86mg (47.29%), Vitamin B12: 1.27µg (21.24%), Vitamin B2: 0.3mg (17.46%), Zinc: 2.61mg (17.41%), Vitamin B5: 1.56mg (15.59%), Potassium: 491.29mg (14.04%), Magnesium: 51.7mg (12.93%), Vitamin A: 432.18IU (8.64%), Iron: 1.24mg (6.91%), Manganese: 0.12mg (5.81%), Copper: 0.11mg (5.58%), Vitamin B1: 0.07mg (4.47%), Folate: 14.86µg (3.71%), Calcium: 36.1mg (3.61%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.41µg (2.74%), Vitamin C: 1.23mg (1.49%), Vitamin K: 1.33µg (1.27%)