



Citrus-Grilled Turkey Breast



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon pepper freshly ground
- ☐ 2 teaspoons salt
- ☐ 5 lb skin-on bone-in

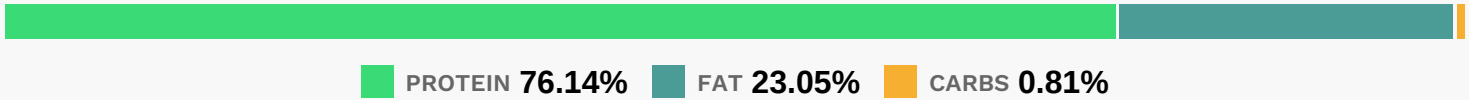
Equipment

- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Let turkey breast stand at room temperature 30 minutes; rinse with cold water, and pat turkey dry.
- ☐ Stir together parsley, next 4 ingredients, and 1 tsp. salt. Loosen and lift skin from turkey without totally detaching skin, and rub parsley mixture under skin. Replace skin.
- ☐ Sprinkle cavity with 1/2 tsp. salt; rub into cavity.
- ☐ Sprinkle remaining 1/2 tsp. salt on skin; rub into skin.
- ☐ Light 1 side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Place turkey over lit side, and grill, without grill lid, 4 minutes on each side or until golden brown.
- ☐ Transfer turkey to unlit side, and grill, covered with grill lid, 2 to 2 1/2 hours or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove from heat, and let stand 30 minutes before slicing.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:29.974782389143%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 426.72kcal (21.34%), Fat: 10.98g (16.89%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.26g (0.29%), Cholesterol: 204.12mg (68.04%), Sodium: 1555.62mg (67.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.61g (163.21%), Vitamin B3: 37.56mg (187.8%), Vitamin B6: 2.95mg (147.34%), Selenium: 85.97µg (122.82%), Phosphorus: 895.69mg (89.57%), Vitamin K: 44.37µg

(42.26%), Vitamin B12: 2.38µg (39.69%), Zinc: 4.96mg (33.07%), Vitamin B2: 0.55mg (32.53%), Vitamin B5: 2.95mg (29.53%), Potassium: 938.84mg (26.82%), Magnesium: 96.74mg (24.18%), Iron: 2.29mg (12.7%), Copper: 0.21mg (10.46%), Vitamin B1: 0.13mg (8.66%), Folate: 30.48µg (7.62%), Vitamin E: 0.92mg (6.16%), Calcium: 61.52mg (6.15%), Vitamin C: 4.93mg (5.97%), Vitamin A: 288.61IU (5.77%), Manganese: 0.09mg (4.58%), Vitamin D: 0.38µg (2.52%), Fiber: 0.29g (1.18%)