



Citrus-Rosemary Turkey Breast

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter divided softened
- 2 cups chicken broth
- 4 sage leaves fresh
- 3 garlic cloves minced
- 1 large optional: lemon sliced
- 1 onion quartered
- 1 large cranberry-orange relish sliced
- 1 teaspoon pepper

- 1 teaspoon seasoned pepper
- 4 rosemary sprigs fresh
- 1 teaspoon salt
- 6 pound turkey breast bone-in

Equipment

- frying pan
- oven
- kitchen thermometer
- aluminum foil

Directions

- Stir together 2 tablespoons butter and garlic. Loosen skin from turkey without detaching it; sprinkle salt and pepper under skin. Rub 2 tablespoons garlic mixture over meat.
- Place fruit slices, rosemary, and sage under skin; replace skin.
- Rub remaining 1 tablespoon butter over skin; sprinkle with 1 teaspoon seasoned pepper.
- Place turkey breast on a lightly greased rack in a broiling pan.
- Add onion and chicken broth.
- Bake at 350 for 1 hour and 30 minutes, basting every 30 minutes. Shield with foil, and bake 1 more hour or until a meat thermometer inserted into thickest breast portion registers 17
- Let stand 10 minutes before slicing.
- Serve with pan juices.

Nutrition Facts



PROTEIN 71.81% FAT 22.08% CARBS 6.11%

Properties

Glycemic Index:29.88, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:28.753478444141%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg, Hesperetin: 10.03mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 408.6kcal (20.43%), Fat: 10.16g (15.63%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.93g (1.79%), Sugar: 3.51g (3.9%), Cholesterol: 196.17mg (65.39%), Sodium: 1244.45mg (54.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.36g (148.71%), Vitamin B3: 34mg (170.02%), Vitamin B6: 2.69mg (134.74%), Selenium: 77.93µg (111.33%), Phosphorus: 818.68mg (81.87%), Vitamin B12: 2.16µg (36.06%), Vitamin B2: 0.55mg (32.25%), Zinc: 4.54mg (30.27%), Vitamin B5: 2.77mg (27.65%), Potassium: 930.08mg (26.57%), Vitamin C: 20.87mg (25.3%), Magnesium: 92.13mg (23.03%), Copper: 0.28mg (13.98%), Iron: 2.12mg (11.77%), Vitamin B1: 0.16mg (10.64%), Folate: 35.63µg (8.91%), Manganese: 0.17mg (8.43%), Calcium: 73.26mg (7.33%), Fiber: 1.39g (5.54%), Vitamin A: 272.86IU (5.46%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.34µg (2.27%), Vitamin K: 1.26µg (1.2%)