



Foolproof Turkey Breast

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

READY IN

ready

480 min.

SERVINGS

servings

10

CALORIES

calories

730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoons peppercorns black
- ☐ 0.3 cup brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 7 sage leaves fresh
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 teaspoon granulated onion
- ☐ 8 cups ice cubes
- ☐ 1 cup kosher salt

- ☐ 1 lemon zest
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 teaspoon oregano
- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon rubbed sage dry
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon thyme leaves
- ☐ 14 pound turkey fresh
- ☐ 6 quarts water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

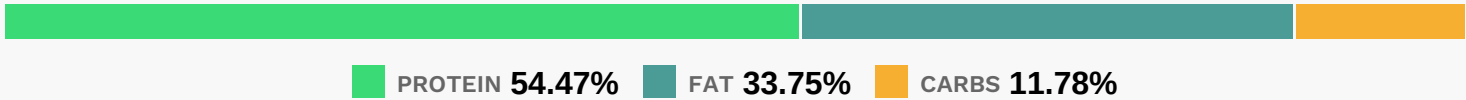
Directions

- ☐ Watch how to make this recipe.
- ☐ Remove the legs and wings from the turkey, or have your butcher do it. Reserve for stock.
- ☐ Put turkey breast into a large pot or doubled up clean plastic bag. When brine mixture is completely cooled, pour over turkey and place in refrigerator for 12 hours.
- ☐ Rinse under clear cool water for 5 minutes, drain well and pat dry with paper towels.
- ☐ In a small bowl, combine dried spices and lemon zest. Rub turkey with canola oil, lightly sprinkle rub on turkey, any extra rub can be placed in cavity. Cover loosely, refrigerate for 4

hours.

- ☐ Remove from refrigerator and let rest on counter for 15 minutes
- ☐ Preheat oven to 425 degrees F while turkey is resting.
- ☐ In a large, deep baking pan, fitted with a rack, place turkey breast side down and roast for 35 minutes. Carefully turn turkey over and reduce heat to 375 degrees F. Continue to roast turkey for 1 hour 45 minutes or until temperature at the deepest part of the breast reads 170 degrees F on an instant-read thermometer. Make sure to check bird every 15 minutes after first hour has passed.
- ☐ Take out of oven, loosely tent with foil, let rest in pan for 10 minutes. Carve and serve immediately.
- ☐ In a large stock pot, combine 3 quarts water, 1 cup kosher salt, brown sugar, molasses, sage leaves and peppercorns.
- ☐ Heat until salt dissolves, remove from heat.
- ☐ Add in 3 quarts cool water and 8 cups ice.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:5.7, Inflammation Score:-8, Nutrition Score:37.036956413932%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 730.37kcal (36.52%), Fat: 26.93g (41.43%), Saturated Fat: 6.73g (42.06%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 20.55g (7.47%), Sugar: 20.03g (22.25%), Cholesterol: 324.63mg (108.21%), Sodium: 12101.53mg (526.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 97.8g (195.6%), Vitamin B3: 34.61mg (173.06%), Selenium: 99.28µg (141.83%), Vitamin B6: 2.83mg (141.63%), Vitamin B12: 5.5µg (91.68%), Phosphorus: 834.22mg (83.42%), Zinc: 8.23mg (54.84%), Vitamin B2: 0.84mg (49.42%), Magnesium: 166.16mg (41.54%), Vitamin B5: 3.82mg (38.25%), Potassium: 1293.78mg (36.97%), Copper: 0.67mg (33.53%), Iron: 5.12mg (28.47%), Manganese: 0.52mg (26.24%), Vitamin B1: 0.23mg (15.21%), Calcium: 134.21mg (13.42%), Vitamin D: 1.35µg (9.02%), Folate: 33.16µg (8.29%), Vitamin K: 7.64µg (7.28%), Vitamin A: 284.06IU (5.68%), Vitamin E: 0.72mg (4.78%), Fiber: 0.59g (2.37%), Vitamin C: 1.19mg (1.44%)