



Grilled Turkey Breast with Lemon and Basil

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



6

CALORIES



179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pound turkey breast boneless with untorn skin
- 1 small optional: lemon thinly sliced
- 10 basil fresh
- 1 serving vegetable oil
- 0.5 teaspoon lemon pepper

Equipment

- frying pan
- grill

kitchen thermometer

aluminum foil

Directions

- If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- Heat coals or gas grill for indirect heat. Loosen skin on turkey in 4 or 5 places. Carefully place lemon slices and basil leaves under skin. Rub turkey skin with oil; sprinkle with lemon-pepper seasoning. Insert barbecue meat thermometer so tip is in thickest part of turkey.
- Cover and grill turkey, skin side down, over drip pan or over unheated side of gas grill and 4 to 6 inches from medium heat 20 minutes; turn. Cover and grill 35 to 45 minutes longer or until thermometer reads 170°F and juice of turkey is clear when center is cut.
- Remove turkey from grill; cover with foil tent and let stand 10 minutes. Slice turkey.

Nutrition Facts

 **PROTEIN 71.87%**  **FAT 24.19%**  **CARBS 3.94%**

Properties

Glycemic Index:21.25, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:14.902174001155%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 179.13kcal (8.96%), Fat: 4.91g (7.55%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.53g (0.59%), Cholesterol: 81.65mg (27.22%), Sodium: 311.89mg (13.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.8g (65.61%), Vitamin B3: 15.03mg (75.15%), Vitamin B6: 1.19mg (59.38%), Selenium: 34.4µg (49.15%), Phosphorus: 360.34mg (36.03%), Vitamin B12: 0.95µg (15.88%), Zinc: 1.98mg (13.23%), Vitamin B2: 0.22mg (13.16%), Vitamin B5: 1.21mg (12.1%), Vitamin C: 9.66mg (11.71%), Potassium: 394.92mg (11.28%), Magnesium: 39.95mg (9.99%), Vitamin K: 7.33µg (6.98%), Iron: 0.96mg (5.35%), Copper: 0.09mg (4.5%), Vitamin B1: 0.06mg (3.83%), Folate: 13.05µg (3.26%), Calcium: 27.77mg (2.78%), Manganese: 0.04mg (2.24%), Fiber: 0.56g (2.23%), Vitamin E: 0.32mg (2.1%), Vitamin A: 70.28IU (1.41%), Vitamin D: 0.15µg

(1.01%)