



## Herb-Roasted Turkey Breast

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

READY IN



160 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black freshly ground
- 2 teaspoons mustard dry
- 1 cup cooking wine dry white
- 1 tablespoon rosemary leaves fresh chopped
- 1 tablespoon sage leaves fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 3 cloves garlic minced
- 2 teaspoons kosher salt

- 2 tablespoons juice of lemon freshly squeezed
- 2 tablespoons olive oil good
- 1 turkey breast whole bone-in


## Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Place the turkey breast, skin side up, on a rack in a roasting pan.
- In a small bowl, combine the garlic, mustard, herbs, salt, pepper, olive oil, and lemon juice to make a paste. Loosen the skin from the meat gently with your fingers and smear half of the paste directly on the meat.
- Spread the remaining paste evenly on the skin.
- Pour the wine into the bottom of the roasting pan.
- Roast the turkey for 1 3/4 to 2 hours, until the skin is golden brown and an instant-read thermometer registers 165 degrees F when inserted into the thickest and meatiest areas of the breast. (I test in several places.) If the skin is over-browning, cover the breast loosely with aluminum foil. When the turkey is done, cover with foil and allow it to rest at room temperature for 15 minutes. Slice and serve with the pan juices spooned over the turkey.

## Nutrition Facts

 **PROTEIN 60.27%**  **FAT 34.22%**  **CARBS 5.51%**

## Properties

Glycemic Index:20.33, Glycemic Load:0.35, Inflammation Score:-6, Nutrition Score:17.818695348242%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 215.14kcal (10.76%), Fat: 7.17g (11.03%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.22g (0.81%), Sugar: 0.64g (0.71%), Cholesterol: 70.2mg (23.4%), Sodium: 1045.68mg (45.46%), Alcohol: 4.12g (100%), Alcohol %: 2.79% (100%), Protein: 28.42g (56.85%), Copper: 3.12mg (155.9%), Vitamin B3: 13mg (65.02%), Vitamin B6: 1.05mg (52.71%), Selenium: 31.17µg (44.53%), Phosphorus: 323.68mg (32.37%), Vitamin B12: 0.82µg (13.65%), Manganese: 0.25mg (12.54%), Zinc: 1.83mg (12.22%), Vitamin B2: 0.2mg (11.91%), Magnesium: 42.77mg (10.69%), Potassium: 372.24mg (10.64%), Vitamin B5: 1.06mg (10.55%), Iron: 1.16mg (6.43%), Vitamin E: 0.8mg (5.31%), Vitamin B1: 0.06mg (3.87%), Calcium: 37.55mg (3.76%), Vitamin C: 3.06mg (3.71%), Vitamin K: 3.58µg (3.41%), Folate: 12.19µg (3.05%), Fiber: 0.38g (1.51%), Vitamin A: 54.05IU (1.08%)