



Herb-Roasted Turkey Breast



Gluten Free



Dairy Free

READY IN



87 min.

SERVINGS



12

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 6 pound turkey breast bone-in

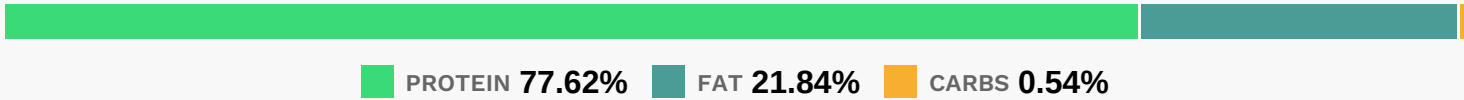
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 6 ingredients in a small bowl; add olive oil, and stir with a whisk.
- ☐ Pat turkey dry with paper towels. Loosen skin from breast by inserting fingers, gently pushing between skin and meat. Rub olive oil mixture under loosened skin. Coat turkey with cooking spray.
- ☐ Place turkey on a rack in a small roasting pan. Cover loosely with foil.
- ☐ Bake at 325 for 1 hour and 20 minutes or until a thermometer inserted in thickest portion of breast registers 16
- ☐ Remove turkey skin before serving.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:21.273913253909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 251.28kcal (12.56%), Fat: 6.12g (9.41%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0.12g (0.13%), Cholesterol: 122.47mg (40.82%), Sodium: 564.29mg (24.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.92g (97.84%), Vitamin B3: 22.52mg (112.58%), Vitamin B6: 1.76mg (88.25%), Selenium: 51.56µg (73.66%), Phosphorus: 536.51mg (53.65%), Copper: 0.63mg (31.39%), Vitamin B12: 1.43µg (23.81%), Zinc: 2.96mg (19.75%), Vitamin B2: 0.33mg (19.45%), Vitamin B5: 1.76mg (17.64%), Potassium: 554.89mg (15.85%), Magnesium: 57.67mg (14.42%), Iron: 1.31mg (7.29%), Vitamin B1: 0.08mg (5.11%), Folate: 16µg (4%), Calcium: 35.27mg (3.53%), Manganese: 0.07mg (3.26%), Vitamin E: 0.47mg (3.16%), Vitamin K: 1.69µg (1.61%), Vitamin D: 0.23µg (1.51%), Vitamin A: 54.48IU (1.09%)