



Herb Roasted Turkey Breast



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 cup chicken stock see
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons oil
- ☐ 2 teaspoons rosemary chopped
- ☐ 1 tablespoon sage chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons thyme leaves chopped

☐ 6 pound turkey breast dry rinsed

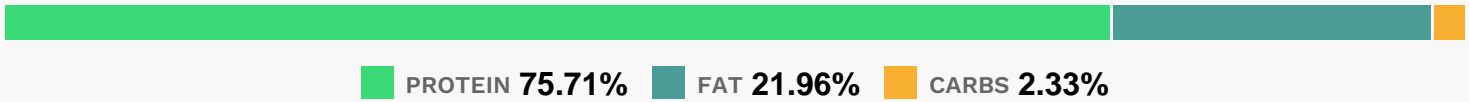
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ stove
- ☐ cutting board

Directions

- ☐ Using your fingers separate the skin from the turkey breast leaving one side attached.
- ☐ Mix the oil, garlic, sage, thyme, rosemary, salt and pepper, rub the mixture all over turkey under the skin and brush the top of the skin with oil.
- ☐ Place the turkey in a stove top safe roasting pan, roast in a preheated 400F oven for 30 minutes, reduce the temperature to 325F and roast until the middle of the turkey reaches 160F, about 1 hour.
- ☐ Place the turkey on a cutting board, cover loosely with foil and let it rest for a 10 minutes before slicing. Meanwhile, place the roasting pan on the stove over medium heat, add the chicken stock and flour and simmer, while scraping the brown bits from the bottom with a wooden spoon, until the gravy thickens and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.23, Inflammation Score:-9, Nutrition Score:41.2199999919767%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 783.09kcal (39.15%), Fat: 19.14g (29.45%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 4.58g (1.53%), Net Carbohydrates: 4.23g (1.54%), Sugar: 1.31g (1.45%), Cholesterol: 369.21mg (123.07%), Sodium: 1681.67mg (73.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 148.48g (296.96%), Vitamin B3: 68.61mg (343.05%), Vitamin B6: 5.33mg (266.67%), Copper: 4.95mg (247.32%), Selenium: 156.62µg (223.74%), Phosphorus: 1627.89mg (162.79%), Vitamin B12: 4.29µg (71.44%), Vitamin B2: 1.06mg (62.07%), Zinc: 9.01mg (60.05%), Vitamin B5: 5.29mg (52.94%), Potassium: 1730.56mg (49.44%), Magnesium: 177.55mg (44.39%), Iron: 4.27mg (23.73%), Vitamin B1: 0.27mg (17.89%), Folate: 54.71µg (13.68%), Manganese: 0.25mg (12.67%), Calcium: 114.69mg (11.47%), Vitamin E: 1.65mg (11.02%), Vitamin K: 5.14µg (4.9%), Vitamin D: 0.68µg (4.54%), Vitamin A: 187.09IU (3.74%), Vitamin C: 2.22mg (2.69%), Fiber: 0.35g (1.4%)