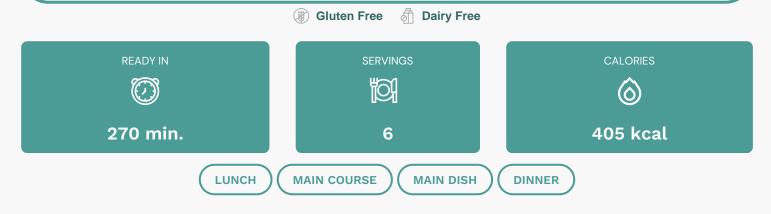


# **Herb-Rubbed Roasted Turkey Breast**



## **Ingredients**

Trablespoort peppercorns whole black crushed
2 tablespoons fennel seeds crushed
2 tablespoons rosemary leaves fresh
8 medium garlic clove halved
3 tablespoons kosher salt
1 medium lemon zest
6 tablespoons olive oil
2 turkey breast bone-in (weighing 6 to 7 pounds total)

Equipment		
	food processor	
	bowl	
	paper towels	
	oven	
	roasting pan	
Directions		
	Rinse turkey and thoroughly pat dry with paper towels. Rub each breast all over (including under the skin) with 2 tablespoons of the olive oil and 2 tablespoons of the salt.	
	Place in a large dish, cover loosely, and refrigerate for 2 hours.	
	Heat the oven to 425°F and arrange a rack in the middle. Meanwhile, combine remaining 4 tablespoons olive oil, remaining 1 tablespoon salt, garlic, rosemary, fennel seeds, peppercorns and lemon zest in a food processor and process until mixture is a coarse paste, scraping down the sides of the bowl at least once.	
	Remove turkey breasts from the refrigerator and rub all over with the paste (including under the skin).	
	Let sit at room temperature while the oven heats up, about 30 minutes. Arrange turkey breasts skin side up in a roasting pan fitted with a rack (ensuring that the meat is not crowded and the breasts don't touch). Roast until skin starts to turn golden, about 30 minutes. Reduce heat to 375°F and roast until internal temperature of turkey reaches 160°F and juices run clear when pierced with fork, about 40 to 50 minutes more.	
	Let turkey rest at least 10 minutes before carving.	
Nutrition Facts		
	PROTEIN 55.31% FAT 41.05% CARBS 3.64%	
11100/0		

### **Properties**

Glycemic Index:10.33, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:25.446521505066%

#### Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

#### Nutrients (% of daily need)

Calories: 404.75kcal (20.24%), Fat: 18.73g (28.82%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.22g (0.25%), Cholesterol: 140.4mg (46.8%), Sodium: 4027.11mg (175.09%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 56.78g (113.57%), Vitamin B3: 25.98mg (129.9%), Vitamin B6: 2.08mg (104.14%), Selenium: 59.69µg (85.27%), Phosphorus: 632.65mg (63.27%), Vitamin B12: 1.64µg (27.3%), Zinc: 3.54mg (23.59%), Vitamin B2: 0.39mg (23.13%), Manganese: 0.44mg (22.18%), Vitamin B5: 2.07mg (20.71%), Potassium: 708.18mg (20.23%), Magnesium: 77.4mg (19.35%), Vitamin E: 2.19mg (14.63%), Iron: 2.17mg (12.03%), Vitamin K: 11.22µg (10.69%), Copper: 0.2mg (9.81%), Calcium: 80.7mg (8.07%), Vitamin B1: 0.1mg (6.97%), Fiber: 1.5g (6.01%), Folate: 19.46µg (4.86%), Vitamin C: 3.1mg (3.76%), Vitamin D: 0.26µg (1.73%), Vitamin A: 84.17IU (1.68%)