



# Herb-Rubbed Roasted Turkey Breast

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

READY IN



270 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon 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%**

## 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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg 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: 0g (100%), Alcohol %: 0% (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%)