



## Marinated Turkey Breast

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

READY IN



**300 min.**

SERVINGS



**12**

CALORIES



**277 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon basil fresh finely chopped
- 2 cloves garlic minced peeled
- 0.5 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 0.3 cup soya sauce
- 6 pound turkey breast halves boneless
- 0.3 cup vegetable oil

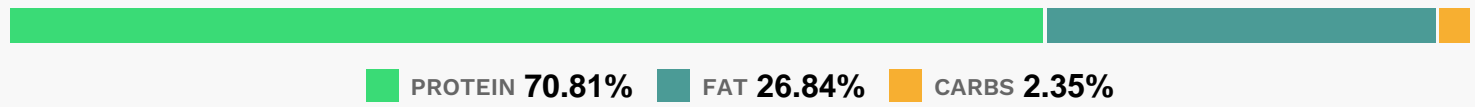
# Equipment

- bowl
- grill

# Directions

- In a small bowl, mix together the garlic, basil, and pepper. Rub over the turkey breasts. Insert one clove into each end of the turkey breasts, and one in the center.
- In a large shallow dish, blend vegetable oil, soy sauce, lemon juice, and brown sugar.
- Place the breasts in the dish, and turn to coat. Cover, and marinate in the refrigerator at least 4 hours.
- Preheat grill for high heat.
- Lightly oil the grill grate. Discard marinade, place turkey breasts on the grill. Close the lid, and grill turkey breasts about 15 minutes on each side, or to an internal temperature of 170 degrees F (68 degrees C).

# Nutrition Facts



# Properties

Glycemic Index:12.25, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:20.695217497971%

# Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 277.45kcal (13.87%), Fat: 8.32g (12.81%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.23g (1.37%), Cholesterol: 122.47mg (40.82%), Sodium: 737.6mg (32.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.42g (98.83%), Vitamin B3: 22.71mg (113.54%), Vitamin B6: 1.78mg (88.78%), Selenium: 51.61µg (73.73%), Phosphorus: 542.75mg (54.28%), Vitamin B12: 1.43µg (23.81%), Zinc: 2.98mg (19.86%), Vitamin B2: 0.34mg (19.85%), Vitamin B5: 1.78mg (17.85%), Potassium: 566.6mg (16.19%), Magnesium: 59.25mg (14.81%), Vitamin K: 9.19µg (8.75%), Iron: 1.37mg (7.62%), Copper: 0.13mg (6.43%), Vitamin B1:

0.08mg (5.3%), Folate: 17.4µg (4.35%), Calcium: 35.27mg (3.53%), Vitamin E: 0.51mg (3.43%), Manganese: 0.06mg (3.09%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.15mg (1.4%), Vitamin A: 54.8IU (1.1%)