



## Orange, Honey, and Thyme Brined Turkey Breast

 Gluten Free  Dairy Free

READY IN



660 min.

SERVINGS



6

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 1 teaspoon pepper black freshly ground
- 1 tablespoon thyme sprigs fresh finely chopped
- 6 servings ice cubes
- 2 tablespoons olive oil
- 0.5 cup orange-flower water
- 2 medium cranberry-orange relish

- 3 ounces sea salt fine ()
- 2 medium shallots peeled quartered
- 6 thyme sprigs
- 1 turkey breast whole bone-in (6 to 7 pounds total)
- 4 cups water cold as needed plus more

## Equipment

- bowl
- paper towels
- sauce pan
- oven
- wire rack
- baking pan
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup
- peeler

## Directions

- For brining the turkey breast: Using a vegetable peeler, remove the zest from the oranges in wide strips, avoiding the white pith; place it in a medium saucepan. Juice the oranges and set aside 1/2 cup of the juice (save the rest for another use).
- Add 1 cup of the measured water, the salt, honey, thyme, bay leaves, shallots, and pepper to the saucepan, stir to combine, and bring to a simmer over high heat. Reduce the heat to low and continue to simmer, stirring occasionally, until the salt and honey have completely dissolved, about 8 minutes.
- Transfer to a heatproof 2-quart container and add the remaining 3 cups of water and the reserved orange juice.

- Let cool for 45 minutes.Fill a 2-cup measuring cup with ice and add enough water to measure 2 cups.
- Pour it into the cooled brine mixture and stir to combine.
- Place a 2- to 2-1/2-gallon resealable bag in a 13-by-9-inch baking dish and open the bag.
- Heat the oven to 425°F and arrange a rack in the middle.
- Combine the oil, thyme, and pepper in a small bowl; set aside.
- Remove the turkey from the brine and pat it dry with paper towels; discard the brine.
- Place the turkey skin-side up in a roasting pan fitted with a rack. Rub the thyme mixture all over the top and sides of the turkey.Roast for 30 minutes. Reduce the oven temperature to 325°F and continue to roast until an instant-read thermometer inserted into the center of the breast registers 160°F and the juices run clear, about 75 minutes more. (Check the turkey after 1 hour and if the skin starts to get too brown before the meat is done, loosely cover the breast with foil.)
- Place the roasting pan on a wire rack and let the turkey rest at least 10 minutes before carving.

## Nutrition Facts

**PROTEIN 55.66%** **FAT 30.18%** **CARBS 14.16%**

### Properties

Glycemic Index:32.42, Glycemic Load:2.23, Inflammation Score:-9, Nutrition Score:15.759130514186%

### Flavonoids

Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 202.21kcal (10.11%), Fat: 6.94g (10.67%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.81g (5.34%), Cholesterol: 70.2mg (23.4%), Sodium: 5773.7mg (251.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Vitamin B3: 13.09mg (65.43%), Vitamin B6: 1.07mg (53.58%), Selenium: 29.86µg (42.66%), Vitamin C: 27.38mg (33.19%), Phosphorus: 320.77mg (32.08%), Vitamin B12: 0.82µg (13.65%), Vitamin B2: 0.22mg (12.86%), Potassium: 440.45mg (12.58%), Zinc: 1.83mg (12.23%),

Vitamin B5: 1.15mg (11.54%), Magnesium: 44.97mg (11.24%), Copper: 0.15mg (7.48%), Iron: 1.34mg (7.46%),  
Manganese: 0.14mg (7.05%), Fiber: 1.71g (6.84%), Folate: 26.13µg (6.53%), Calcium: 59.14mg (5.91%), Vitamin B1:  
0.09mg (5.82%), Vitamin E: 0.84mg (5.57%), Vitamin A: 231.41IU (4.63%), Vitamin K: 3.42µg (3.26%)