



Oven-Roasted Turkey Breast

 **Gluten Free**  **Popular**

READY IN



180 min.

SERVINGS



8

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 pounds turkey breast whole bone-in frozen thawed
- 0.5 cup butter melted
- 0.3 cup wine dry white
- 2 tablespoons thyme sprigs dried fresh chopped
- 1 teaspoon salt
- 1 teaspoon paprika
- 2 cloves garlic finely chopped
- 2 teaspoons cornstarch

2 tablespoons water cold

Equipment

frying pan

sauce pan

oven

roasting pan

kitchen thermometer

measuring cup

Directions

Heat oven to 325°F.

Place turkey, skin side up, on rack in large shallow roasting pan. Insert ovenproof meat thermometer so tip is in thickest part of breast and does not touch bone. Roast uncovered 1 hour.

Mix butter, wine, thyme, salt, paprika and garlic.

Brush turkey with half of the butter mixture. Roast 30 minutes; brush with remaining butter mixture. Roast about 1 hour longer or until thermometer reads 165°F.

Remove turkey from oven and let stand 15 minutes for easier carving.

Meanwhile, pour pan drippings into measuring cup; skim fat from drippings.

Add enough water to drippings to measure 2 cups.

Heat drippings to boiling in 1-quart saucepan.

Mix cornstarch and 2 tablespoons cold water; stir into drippings. Boil and stir 1 minute.

Serve with turkey.

Nutrition Facts


■ PROTEIN 59.87% ■ FAT 38.53% ■ CARBS 1.6%

Properties

Glycemic Index:19.38, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:23.175652358843%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 371.07kcal (18.55%), Fat: 15.81g (24.32%), Saturated Fat: 8.04g (50.27%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.24g (0.27%), Cholesterol: 168.28mg (56.09%), Sodium: 908.57mg (39.5%), Alcohol: 0.77g (100%), Alcohol %: 0.34% (100%), Protein: 55.27g (110.53%), Vitamin B3: 25.4mg (126.99%), Vitamin B6: 2mg (100.11%), Selenium: 58.2µg (83.15%), Phosphorus: 610.75mg (61.08%), Vitamin B12: 1.63µg (27.19%), Vitamin B2: 0.39mg (22.83%), Zinc: 3.39mg (22.61%), Vitamin B5: 2.01mg (20.14%), Potassium: 645.62mg (18.45%), Magnesium: 68.31mg (17.08%), Vitamin A: 611.92IU (12.24%), Iron: 1.78mg (9.87%), Copper: 0.15mg (7.39%), Vitamin B1: 0.09mg (5.9%), Calcium: 49.12mg (4.91%), Folate: 19.29µg (4.82%), Manganese: 0.07mg (3.71%), Vitamin E: 0.56mg (3.7%), Vitamin C: 3.04mg (3.68%), Vitamin D: 0.26µg (1.7%), Fiber: 0.35g (1.41%), Vitamin K: 1.24µg (1.18%)