



Oven-Roasted Turkey Breast

READY IN



110 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 1 tablespoon cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon garlic and herb seasoning blend salt-free dash® (such as Mrs.)

- ☐ 1 teaspoon shallots minced
- ☐ 3 pound turkey breast with skin

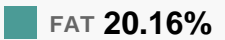
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix 1/4 cup butter, garlic, paprika, Italian seasoning, garlic and herb seasoning, salt, and black pepper in a bowl.
- ☐ Place turkey breast with skin side up into a roasting pan. Loosen skin with your fingers; brush half the butter mixture over the turkey breast and underneath the skin. Reserve remaining butter mixture. Tent turkey breast loosely with aluminum foil.
- ☐ Roast in the preheated oven for 1 hour; baste turkey breast with remaining butter mixture. Return to oven and roast until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the breast, not touching bone, reads 165 degrees F (65 degrees C), about 30 more minutes.
- ☐ Let turkey breast rest 10 to 15 minutes before serving.
- ☐ While turkey is resting, transfer pan drippings to a skillet. Skim off excess grease, leaving about 1 tablespoon in skillet.
- ☐ Place skillet over low heat; cook and stir shallot in turkey grease until opaque, about 5 minutes. Melt 1 tablespoon butter in skillet with shallot and whisk in white wine, scraping any browned bits of food from skillet.
- ☐ Whisk in chicken stock and flour until smooth. Bring to a simmer, whisking constantly, until thickened. For a creamier, lighter gravy, whisk in half-and-half.

Nutrition Facts

 **PROTEIN 72.23%**  **FAT 20.16%**  **CARBS 7.61%**

Properties

Glycemic Index:42.83, Glycemic Load:2.17, Inflammation Score:-5, Nutrition Score:21.843478040851%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 280.04kcal (14%), Fat: 6.25g (9.62%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.74g (1.72%), Sugar: 0.88g (0.98%), Cholesterol: 128.69mg (42.9%), Sodium: 540.16mg (23.49%), Alcohol: 0.26g (100%), Alcohol %: 0.12% (100%), Protein: 50.43g (100.87%), Vitamin B3: 23.44mg (117.19%), Vitamin B6: 1.81mg (90.38%), Selenium: 53.79µg (76.85%), Phosphorus: 554.37mg (55.44%), Vitamin B12: 1.43µg (23.88%), Vitamin B2: 0.39mg (23.02%), Zinc: 3.08mg (20.52%), Vitamin B5: 1.8mg (17.98%), Potassium: 618.62mg (17.67%), Magnesium: 62.39mg (15.6%), Iron: 1.86mg (10.31%), Vitamin B1: 0.12mg (8.15%), Copper: 0.16mg (7.76%), Folate: 26.91µg (6.73%), Vitamin A: 282.31IU (5.65%), Manganese: 0.11mg (5.44%), Vitamin K: 5.33µg (5.08%), Calcium: 48.42mg (4.84%), Vitamin E: 0.44mg (2.93%), Fiber: 0.58g (2.32%), Vitamin D: 0.23µg (1.51%)