



Roast Turkey Breast

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pound turkey breast on the bone dry rinsed
- 2 small carrots peeled cut into 2-inch pieces
- 2 stalks celery cut into 2-inch pieces
- 1 c aromatics and seasonings (recommended: garlic fresh)
- 2 small onions peeled quartered
- 6 servings roast turkey breast variations
- 6 servings salt and pepper black freshly ground
- 0.3 cup butter unsalted softened

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Preheat the oven to 325 degrees F.
- In a small bowl, combine the softened butter with chosen aromatics and seasonings and salt and pepper.
- Carefully lift the skin from the meat and rub half of the seasoned butter directly on the turkey breast. Rub the rest of the seasoned butter on the skin. Season the turkey generously with salt and freshly ground black pepper.
- Scatter the vegetables on the bottom of a roasting pan just large enough to hold the turkey. Set the meat breast-side up in the pan. Roast for about 2 hours or until an instant read thermometer inserted into the thickest part of the breast registers 160 degrees F.
- Transfer the turkey to a cutting board and tent loosely with foil for 20 minutes. The breast temperature will continue to rise as it rests. Carve the breast and serve with the pan juices.
- Unstuffed, a 2 to 3-pound turkey will cook from 1 1/2 to 2 hours.
- Unstuffed, a 4 to 6-pound turkey will cook from 1 1/2 to 2 1/4 hours
- Unstuffed, a 7 to 8-pound turkey will cook from 2 1/4 to 3 1/4 hours; if stuffed, it will cook in 3 to 4 hours.
- Lemon and Thyme: Season the butter with 3 tablespoons fresh thyme leaves, 1 teaspoon lemon juice, and 1 teaspoon lemon zest.
- Honey Glazed: Season the butter with 1/2 teaspoon ground cinnamon, 1/4 teaspoon nutmeg, and 2 tablespoons honey.

Soy Ginger: Season the butter with 2 teaspoons minced fresh ginger, 2 teaspoons soy sauce, and 3 cloves garlic, minced.

Nutrition Facts

PROTEIN 68.44% **FAT 22.66%** **CARBS 8.9%**

Properties

Glycemic Index:27.97, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:36.940869569778%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 618.32kcal (30.92%), Fat: 15.74g (24.22%), Saturated Fat: 6.31g (39.44%), Carbohydrates: 13.9g (4.63%), Net Carbohydrates: 12.33g (4.48%), Sugar: 3.23g (3.59%), Cholesterol: 280.64mg (93.55%), Sodium: 1534.57mg (66.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 106.94g (213.88%), Vitamin B3: 45.41mg (227.06%), Vitamin B6: 3.86mg (192.89%), Selenium: 106.47µg (152.1%), Phosphorus: 1234.75mg (123.47%), Vitamin A: 3174.34IU (63.49%), Vitamin B12: 2.87µg (47.9%), Zinc: 6.68mg (44.53%), Vitamin B2: 0.71mg (41.74%), Potassium: 1412.65mg (40.36%), Vitamin B5: 3.77mg (37.69%), Magnesium: 138.18mg (34.55%), Manganese: 0.49mg (24.58%), Copper: 0.45mg (22.39%), Iron: 3.5mg (19.47%), Vitamin B1: 0.22mg (14.68%), Calcium: 128.72mg (12.87%), Vitamin C: 10.2mg (12.36%), Folate: 45.13µg (11.28%), Vitamin K: 7.41µg (7.06%), Fiber: 1.58g (6.31%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.6µg (3.97%)