

Roast Turkey Breast

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



55 min.

SERVINGS



8

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1.5 teaspoons coarse salt
- 1 teaspoon pepper white freshly ground
- 2.5 pounds skin-on turkey breast half bone-in

Equipment

- frying pan
- baking sheet
- oven

kitchen thermometer

Directions

- Preheat oven to 400 degrees. Stir together oil, salt, and white pepper; brush over turkey.
- Roast turkey on a rimmed baking sheet until an instant-read thermometer inserted into the center reaches 140 degrees and climbing, about 30 minutes.
- Let rest for at least 15 minutes. Slice turkey as needed. (Reserve pan drippings if making Turkey-Corn Salad.)

Nutrition Facts

 **PROTEIN 52.69%**  **FAT 44.77%**  **CARBS 2.54%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.30565216756709%

Nutrients (% of daily need)

Calories: 206.43kcal (10.32%), Fat: 10.55g (16.23%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0g (0%), Cholesterol: 75.64mg (25.21%), Sodium: 692.23mg (30.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.93g (55.87%), Vitamin E: 0.5mg (3.36%), Vitamin K: 2.11µg (2.01%)