



Roast Turkey Breast with Gravy

READY IN



175 min.

SERVINGS



6

CALORIES



714 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots peeled cut into 2-inch pieces
- ☐ 1 stalk celery cut into 2 inch pieces
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 2 small onions peeled quartered
- ☐ 6 pound turkey breast fresh dry rinsed
- ☐ 0.3 cup unbleached flour all-purpose
- ☐ 2 tablespoons butter unsalted softened

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Rub the turkey all over with the butter, including the cavity of the breast. Season generously with salt and 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 2 to 2 1/2 hours or until an instant read thermometer inserted into the thickest part of the roast registers 160 degrees F.
- ☐ Transfer the turkey to a cutting board and tent loosely with foil for 30 minutes. (The breast temperature will continue to rise to 170 degrees as it rests.)
- ☐ Pour any pan drippings into a degreasing cup or small bowl. Reserve 3 tablespoons of the fat discarding the rest and add the juices to the stock.
- ☐ Add the reserved fat to the roasting pan and place on a burner over medium high heat. Scrape up any browned bits from the bottom of the pan with a wooden spoon. Stir in the flour and cook for 2 minutes, stirring constantly.
- ☐ Whisk in the stock and continue to stir. Bring to a boil and cook until thickened, about 3 minutes. Strain the gravy, discarding the vegetables, and season with salt and pepper to taste.
- ☐ Carve the breast and serve with the gravy.

Nutrition Facts

 **PROTEIN 70.35%**  **FAT 25.06%**  **CARBS 4.59%**

Properties

Glycemic Index:35.47, Glycemic Load:3.66, Inflammation Score:-9, Nutrition Score:35.524782502133%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 714.11kcal (35.71%), Fat: 19.73g (30.35%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 7.24g (2.63%), Sugar: 1.72g (1.91%), Cholesterol: 306.22mg (102.07%), Sodium: 1441.1mg (62.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 124.6g (249.21%), Vitamin B3: 47.92mg (239.58%), Vitamin B6: 3.76mg (187.86%), Selenium: 123.79µg (176.85%), Phosphorus: 1245.49mg (124.55%), Vitamin B12: 3.89µg (64.84%), Zinc: 8.57mg (57.13%), Vitamin B2: 0.8mg (47.21%), Potassium: 1340.61mg (38.3%), Vitamin A: 1811.88IU (36.24%), Vitamin B5: 3.61mg (36.13%), Magnesium: 138.35mg (34.59%), Iron: 4.12mg (22.9%), Copper: 0.31mg (15.59%), Vitamin B1: 0.21mg (13.9%), Folate: 51.91µg (12.98%), Calcium: 90.98mg (9.1%), Manganese: 0.13mg (6.45%), Vitamin K: 6.01µg (5.72%), Vitamin E: 0.79mg (5.27%), Vitamin D: 0.63µg (4.17%), Fiber: 0.9g (3.61%), Vitamin C: 2.42mg (2.94%)