



Roast Turkey Breast with Zesty Dry Rub

 Dairy Free

READY IN



165 min.

SERVINGS



8

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pounds turkey breast on the bone whole
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 14.5 ounces chicken broth canned
- ☐ 2 teaspoons chili powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons onion salt
- ☐ 1 teaspoon oregano dried
- ☐ 8 servings potatoes mashed for serving, if desired

Equipment

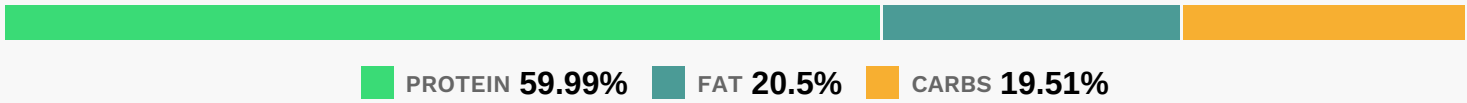
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ gravy boat

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Coat large roasting pan with nonstick vegetable-oil cooking spray. Rub turkey on all sides with olive oil and lime juice.
- ☐ Mix onion salt, chili powder, dried oregano, cumin, garlic powder, allspice and cayenne in small bowl. Rub 1 1/2 tablespoons mixture over turkey.
- ☐ Roast turkey in the oven for 1 1/2 to 2 1/2 hours or until the internal temperature registers 165 degrees F on instant-read thermometer.
- ☐ Remove turkey to a warm place; let stand 10 minutes.
- ☐ Pour off all but 2 tablespoons drippings from roasting pan.
- ☐ Sprinkle flour and 1/2 teaspoon of remaining dry rub over bottom of roasting pan; cook over medium-high heat, scraping up any browned bits from bottom of pan, for about 1 minute. Gradually whisk in chicken broth until smooth; cook, stirring occasionally, until thickened, about 2 minutes. Strain gravy through sieve into gravy boat; keep warm.

Cut off each 1/2 of the turkey breast from the bone. Wrap one 1/2 and refrigerate for up to 3 days or freeze for up to 4 months, for later use. Slice other 1/2 of turkey breast and serve with the gravy, and mashed potatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:20.24, Inflammation Score:-7, Nutrition Score:34.814782650574%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 596.85kcal (29.84%), Fat: 13.62g (20.95%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 25.44g (9.25%), Sugar: 1.47g (1.63%), Cholesterol: 209.4mg (69.8%), Sodium: 1547.88mg (67.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.69g (179.39%), Vitamin B3: 36.78mg (183.9%), Vitamin B6: 3.2mg (159.89%), Selenium: 87.95µg (125.64%), Phosphorus: 973.67mg (97.37%), Potassium: 1561.45mg (44.61%), Vitamin B12: 2.66µg (44.28%), Zinc: 6.21mg (41.39%), Vitamin C: 30.78mg (37.31%), Vitamin B2: 0.61mg (35.89%), Magnesium: 132.7mg (33.17%), Vitamin B5: 3.1mg (31.01%), Iron: 4.15mg (23.08%), Copper: 0.38mg (18.95%), Vitamin B1: 0.25mg (16.82%), Manganese: 0.3mg (15.13%), Fiber: 3.72g (14.88%), Folate: 53.58µg (13.4%), Calcium: 82.65mg (8.26%), Vitamin K: 8.31µg (7.92%), Vitamin E: 1.16mg (7.74%), Vitamin A: 345.88IU (6.92%), Vitamin D: 0.39µg (2.61%)