



## Roasted Rosemary Turkey Breast

 Gluten Free

READY IN



155 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 small carrots peeled cut into 2-inch pieces
- 2 stalks celery cut into 2-inch pieces
- 2.5 teaspoons mustard dry
- 2 tablespoons rosemary leaves fresh chopped
- 1 tablespoon sage fresh chopped
- 4 cloves garlic minced
- 2 small onions peeled quartered
- 1 teaspoon orange zest fresh

- 6 servings salt and pepper black freshly ground
- 6 pound turkey breast fresh dry rinsed
- 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, rosemary, garlic, sage, dried mustard, orange zest, salt, and pepper. Carefully lift the skin from the turkey breast and rub half of the seasoned butter directly onto the breast. Rub the rest of the seasoned butter on the skin. Season the turkey breast 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 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. Carve the breast and serve with the pan juices. Reserve the leftovers for oven-roasted turkey sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:27.97, Glycemic Load:1.27, Inflammation Score:-10, Nutrition Score:38.553478168405%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

## Nutrients (% of daily need)

Calories: 554.09kcal (27.7%), Fat: 15.69g (24.14%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 4.08g (1.48%), Sugar: 2.27g (2.52%), Cholesterol: 265.28mg (88.43%), Sodium: 959.24mg (41.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.71g (197.42%), Vitamin B3: 45.32mg (226.58%), Vitamin B6: 3.61mg (180.39%), Copper: 3.3mg (165.25%), Selenium: 105.27µg (150.39%), Phosphorus: 1099.55mg (109.95%), Vitamin A: 3193.63IU (63.87%), Vitamin B12: 2.87µg (47.9%), Zinc: 6.1mg (40.69%), Vitamin B2: 0.69mg (40.68%), Vitamin B5: 3.66mg (36.6%), Potassium: 1246.95mg (35.63%), Magnesium: 125.52mg (31.38%), Iron: 2.86mg (15.87%), Manganese: 0.27mg (13.62%), Vitamin B1: 0.19mg (12.61%), Folate: 46.69µg (11.67%), Calcium: 97.46mg (9.75%), Vitamin K: 7.1µg (6.77%), Fiber: 1.45g (5.79%), Vitamin C: 4.41mg (5.34%), Vitamin E: 0.69mg (4.59%), Vitamin D: 0.6µg (3.97%)