



WHATSheATE



Roasted Turkey Breast with Gravy

READY IN



95 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 tablespoons butter at room temperature 1 stick
- ☐ 8 servings kosher salt and freshly cracked pepper black
- ☐ 2 cups chicken stock see low-sodium
- ☐ 2 shallots peeled sliced
- ☐ 6 pound turkey breast halves fresh bone-in
- ☐ 2 tablespoons unbleached flour all-purpose

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 375 degrees F.
- ☐ Dry the skin of the turkey breasts with paper towels and put in a roasting pan on a wire rack, breast side up. Rub 4 tablespoons butter all over the surface of each breast and season them well with salt and pepper.
- ☐ Add the shallots to the bottom of roasting pan and cover shallots with the stock.
- ☐ Transfer the pan to the oven and roast until an instant-read thermometer registers 165 degrees F and the juices run clear, about 1 hour. (Begin checking the internal temperature after 45 minutes to prevent overcooking.)
- ☐ Remove the turkey breasts from the oven to a cutting board and tent with foil. Allow to rest while making the gravy.
- ☐ Strain pan drippings into a small pot over low heat and bring to a simmer. In a small bowl mash together the remaining 2 tablespoons butter and flour with a fork, until a paste forms.
- ☐ Whisk into the simmering stock, season with salt and pepper, to taste, and cook until thickened.
- ☐ Carve the turkey breast meat from the bone and arrange the slices on a serving platter.
- ☐ Serve with gravy on the side.

Nutrition Facts

  
 **PROTEIN 63.92%**  **FAT 33.36%**  **CARBS 2.72%**

Properties

Glycemic Index:19.38, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:26.9399999906913%

Nutrients (% of daily need)

Calories: 464.74kcal (23.24%), Fat: 17.38g (26.74%), Saturated Fat: 8.29g (51.8%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.95g (1.07%), Sugar: 0.75g (0.84%), Cholesterol: 213.8mg (71.27%), Sodium: 1003.1mg (43.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.93g (149.85%), Vitamin B3: 34.7mg (173.49%), Vitamin B6: 2.67mg (133.26%), Selenium: 78.08µg (111.54%), Phosphorus: 829.69mg (82.97%), Vitamin B12: 2.23µg (37.1%), Vitamin B2: 0.53mg (30.96%), Zinc: 4.53mg (30.22%), Vitamin B5: 2.68mg (26.78%), Potassium: 900.29mg (25.72%), Magnesium: 87.65mg (21.91%), Iron: 2.13mg (11.82%), Copper: 0.22mg (10.77%), Vitamin B1: 0.13mg (8.76%), Vitamin A: 418.15IU (8.36%), Folate: 29.79µg (7.45%), Calcium: 56.06mg (5.61%), Vitamin E: 0.53mg (3.55%), Manganese: 0.06mg (2.77%), Vitamin D: 0.34µg (2.27%)