



Roasted Turkey Breast With Herbs



Gluten Free



Low Fod Map

READY IN



315 min.

SERVINGS



18

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 2 teaspoons chicken soup base
- ☐ 1.5 cups chicken stock see
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon savory dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 pound turkey breast whole bone-in with skin

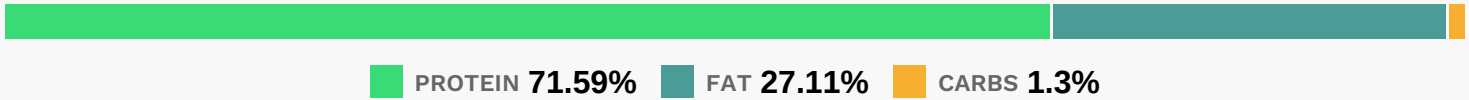
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Loosen the skin from the meat of the turkey breast.
- ☐ Place the turkey breast into a large oven-safe pot or Dutch oven with a lid and pour chicken stock over the meat.
- ☐ Mix melted butter with chicken bouillon granules, sage, savory, rosemary, and thyme in a bowl. Lift the loosened skin and pour slightly more than half the butter-herb mixture under the skin.
- ☐ Pour remaining herb mixture over the skin. Cover the pot.
- ☐ Roast in the preheated oven for 3 hours; flip turkey breast over and roast 1 more hour; flip again and roast until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the breast, not touching bone, reads 180 degrees F (80 degrees C), 1 additional hour (5 hours in all). Baste turkey with pan drippings and let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:18.566086948566%

Nutrients (% of daily need)

Calories: 245.07kcal (12.25%), Fat: 7.41g (11.4%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.46g (0.51%), Cholesterol: 119.52mg (39.84%), Sodium: 526.99mg (22.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.01g (88.02%), Vitamin B3: 20.33mg (101.67%), Vitamin B6: 1.58mg (78.78%), Selenium: 46.31µg (66.16%), Phosphorus: 482.79mg (48.28%), Vitamin B12: 1.28µg (21.31%), Vitamin B2: 0.31mg (18.36%), Zinc: 2.66mg (17.72%), Vitamin B5: 1.57mg (15.69%), Potassium: 511.29mg (14.61%), Magnesium: 51.6mg (12.9%), Iron: 1.21mg (6.71%), Copper: 0.12mg (5.81%), Vitamin B1: 0.07mg (4.96%), Folate: 15.51µg (3.88%), Vitamin A: 160.44IU (3.21%), Calcium: 31.69mg (3.17%), Vitamin E: 0.24mg (1.61%), Vitamin K: 1.41µg (1.35%), Vitamin D: 0.2µg (1.34%)