



Roasted Turkey Breast with Peach Rosemary Glaze

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



6

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider
- 6 servings pepper black freshly ground
- 3.8 pound turkey breast boneless with skin
- 1 tablespoon brown sugar
- 2 tablespoons honey
- 1 tablespoon olive oil plus more for turkey
- 0.5 cup onion finely chopped

- 10 ounce peaches frozen peeled sliced chopped
- 3 sprigs rosemary plus 1 teaspoon chopped
- 0.3 cup salt plus more for turkey
- 3 sprigs thyme leaves
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- paper towels
- sauce pan
- oven
- whisk
- roasting pan
- kitchen thermometer

Directions

- Watch how to make this recipe.
- In a large bowl, whisk together 2 cups apple cider, salt, thyme and rosemary.
- Add turkey breast and enough water to cover the bird. Cover and let brine in the refrigerator 2 hours.
- Preheat oven to 425 degrees F.
- In a small saucepan, saute onions in oil until softened.
- Add peaches, honey, Worcestershire sauce, brown sugar and remaining 2 tablespoons apple cider. Bring to a boil. Lower to a simmer and cook until peaches break down and glaze thickens, about 12 minutes.
- Remove turkey from brine and pat dry with paper towels.
- Brush with oil and season with pepper.
- Place turkey in a roasting pan. Cook 15 minutes until skin begins to turn golden. Reduce the oven temperature to 350 degrees F and brush the top generously with the glaze. Continue cooking until an instant-read thermometer inserted in the thickest part of the breast reaches

an internal temperature of 165 degrees F, about 45 minutes.

Let the turkey rest at least 10 minutes. Its temperature will continue to rise.

Nutrition Facts

PROTEIN 61.04% **FAT 16.51%** **CARBS 22.45%**

Properties

Glycemic Index:51.21, Glycemic Load:8.52, Inflammation Score:-7, Nutrition Score:25.846956367078%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 404.73kcal (20.24%), Fat: 7.54g (11.59%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 21.82g (7.94%), Sugar: 20.03g (22.25%), Cholesterol: 156.07mg (52.02%), Sodium: 612.44mg (26.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.68g (125.36%), Vitamin B3: 28.93mg (144.66%), Vitamin B6: 2.27mg (113.46%), Selenium: 66.47µg (94.95%), Phosphorus: 698.08mg (69.81%), Vitamin B12: 1.84µg (30.61%), Vitamin B2: 0.46mg (26.89%), Zinc: 3.94mg (26.24%), Potassium: 871.07mg (24.89%), Vitamin B5: 2.37mg (23.69%), Magnesium: 82.49mg (20.62%), Iron: 2.07mg (11.5%), Copper: 0.21mg (10.6%), Vitamin B1: 0.13mg (8.72%), Manganese: 0.15mg (7.69%), Folate: 26.14µg (6.53%), Vitamin E: 0.87mg (5.78%), Calcium: 57.68mg (5.77%), Vitamin C: 4.63mg (5.61%), Fiber: 1.22g (4.89%), Vitamin A: 240.76IU (4.82%), Vitamin K: 3.05µg (2.9%), Vitamin D: 0.3µg (1.97%)