



Roasted Turkey Breast with Spicy Herb Oil

 **Gluten Free**  **Dairy Free**

READY IN



110 min.

SERVINGS



8

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 1 cup chicken broth
- 0.5 teaspoon chile powder
- 2 teaspoons rosemary fresh chopped
- 1 tablespoon sage fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 2 teaspoons garlic powder
- 8 servings kosher salt and pepper black freshly ground

- 0.5 teaspoon pepper flakes red crushed
- 13 pound turkey frozen thawed

Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Remove the legs, thighs, and wings from the turkey (reserve for Round Two Recipe).
- In a bowl, stir together the oil, rosemary, sage, thyme, garlic powder, chile powder, red pepper flakes, and salt and pepper.
- Drizzle a spoonful of the herb oil under the skin of the turkey and rub into the breast. Spoon the remaining herb oil on the outside of the turkey breast and rub into the skin.
- Pour the broth into the bottom of the roasting pan fitted with a rack.
- Place the turkey breast onto the rack and roast in the oven for 55 to 60 minutes. Increase the oven temperature to 450 degrees F and cook until the skin is browned and a thermometer inserted in the thickest part reads 165 degrees F, 15 to 20 minutes.
- Let rest for 15 minutes before carving so the temperature rises to 180 degrees F.

Nutrition Facts

 **PROTEIN 57.59%**  **FAT 41.8%**  **CARBS 0.61%**

Properties

Glycemic Index:10.25, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:40.768261007641%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg

Nutrients (% of daily need)

Calories: 806.99kcal (40.35%), Fat: 36.68g (56.42%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.48g (0.53%), Cholesterol: 377.39mg (125.8%), Sodium: 699.81mg (30.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 113.69g (227.37%), Vitamin B3: 40.05mg (200.26%), Selenium: 111.82µg (159.75%), Vitamin B6: 3.16mg (157.79%), Copper: 2.69mg (134.68%), Vitamin B12: 6.39µg (106.51%), Phosphorus: 964.11mg (96.41%), Zinc: 9.4mg (62.67%), Vitamin B2: 0.99mg (58.48%), Vitamin B5: 4.26mg (42.6%), Potassium: 1201.4mg (34.33%), Magnesium: 134.95mg (33.74%), Iron: 4.85mg (26.97%), Vitamin B1: 0.26mg (17.6%), Vitamin E: 1.81mg (12.06%), Vitamin D: 1.57µg (10.47%), Manganese: 0.19mg (9.53%), Folate: 37.49µg (9.37%), Vitamin A: 410.63IU (8.21%), Calcium: 69.14mg (6.91%), Vitamin K: 5.42µg (5.16%), Vitamin C: 1.42mg (1.72%), Fiber: 0.36g (1.44%)