



Roasted Wild Turkey Breast With Cream Gravy

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings mushrooms fresh
- ☐ 8 servings cream gravy
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 8 pound turkey breast wild
- ☐ 8 servings vegetable oil
- ☐ 8 servings watercress

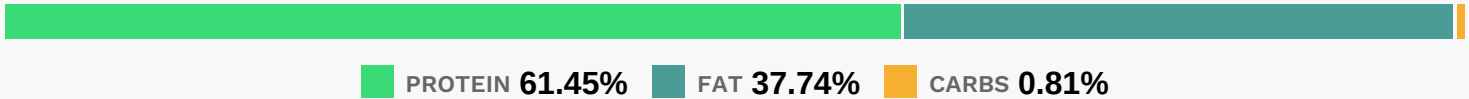
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle seasonings over turkey.
- ☐ Brush entire turkey breast with oil; place on a rack in a roasting pan
- ☐ Insert meat thermometer in breast (do not touch bone).
- ☐ Bake at 325 for 2 1/2 hours or until thermometer registers 185; baste with pan drippings.
- ☐ Transfer turkey to a serving platter, reserving 1/2 cup pan drippings for Cream Gravy; let stand 15 minutes before carving.
- ☐ Serve with Cream Gravy.
- ☐ Garnish with watercress and mushrooms.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.11, Inflammation Score:-8, Nutrition Score:37.776086760604%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg, Kaempferol: 7.83mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg, Quercetin: 10.2mg

Nutrients (% of daily need)

Calories: 638.7kcal (31.93%), Fat: 27.02g (41.58%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.77g (0.85%), Cholesterol: 261.89mg (87.3%), Sodium: 1243.29mg (54.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 99g (198.01%), Vitamin B3: 45.14mg (225.72%), Vitamin B6: 3.57mg (178.62%), Selenium: 103.86µg (148.37%), Phosphorus: 1101.49mg (110.15%), Vitamin K: 115.46µg (109.96%),

Vitamin B12: 2.88µg (48.03%), Vitamin B2: 0.73mg (43.05%), Zinc: 5.99mg (39.95%), Vitamin B5: 3.68mg (36.76%), Potassium: 1232.46mg (35.21%), Magnesium: 123.02mg (30.75%), Vitamin A: 1410IU (28.2%), Vitamin C: 14.79mg (17.93%), Iron: 2.73mg (15.17%), Copper: 0.27mg (13.65%), Vitamin E: 1.9mg (12.69%), Vitamin B1: 0.19mg (12.37%), Calcium: 119.95mg (11.99%), Folate: 36.29µg (9.07%), Manganese: 0.17mg (8.32%), Vitamin D: 0.7µg (4.64%), Fiber: 0.27g (1.07%)