



WHATSheATE



Rosemary Orange Roasted Turkey Breast



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



5 lb turkey breast whole bone-in frozen thawed



3 cloves garlic finely chopped



2 tablespoons rosemary leaves fresh chopped



2 teaspoons dijon mustard



2 teaspoons salt



0.5 teaspoon pepper



6 tablespoons orange juice



2 tablespoons olive oil

- ☐ 0.5 cup wine dry white
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup chicken broth
- ☐ 1 cranberry–orange relish cut into thin slices

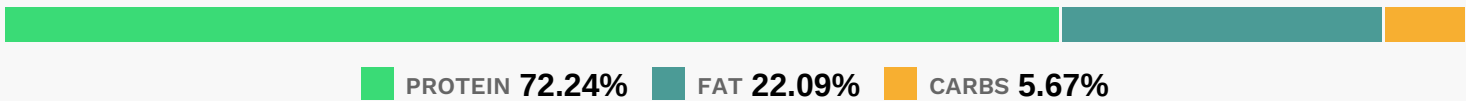
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 325°F.
- ☐ Place turkey breast, skin side up, in shallow roasting pan.
- ☐ In small bowl, mix garlic, rosemary, mustard, salt, pepper, 2 tablespoons of the orange juice and the oil.
- ☐ Loosen turkey skin, using fingers or spoon; rub garlic mixture under and over turkey skin. Insert ovenproof meat thermometer so tip is in thickest part of breast and does not touch bone.
- ☐ Pour wine, lemon juice, broth and remaining 1/4 cup orange juice into roasting pan.
- ☐ Roast uncovered 2 hours to 2 hours 30 minutes or until thermometer reads at least 165°F.
- ☐ Place turkey on warm platter; cover with foil.
- ☐ Let stand 15 minutes before carving. Spoon pan juices over turkey; garnish with orange slices.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:2.02, Inflammation Score:-7, Nutrition Score:30.094782850017%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 9.53mg, Hesperetin: 9.53mg, Hesperetin: 9.53mg Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg, Naringenin: 4.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 464.71kcal (23.24%), Fat: 11.15g (17.16%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 6.44g (2.15%), Net Carbohydrates: 5.61g (2.04%), Sugar: 4.19g (4.65%), Cholesterol: 204.31mg (68.1%), Sodium: 1610.31mg (70.01%), Alcohol: 2.06g (100%), Alcohol %: 0.56% (100%), Protein: 82.06g (164.12%), Vitamin B3: 37.72mg (188.61%), Vitamin B6: 2.99mg (149.33%), Selenium: 86.79µg (123.99%), Phosphorus: 907.61mg (90.76%), Vitamin B12: 2.38µg (39.72%), Vitamin B2: 0.58mg (33.9%), Zinc: 5.01mg (33.41%), Vitamin B5: 3.06mg (30.61%), Vitamin C: 24.67mg (29.9%), Potassium: 1030.09mg (29.43%), Magnesium: 103.35mg (25.84%), Iron: 2.31mg (12.84%), Vitamin B1: 0.17mg (11.41%), Copper: 0.23mg (11.41%), Folate: 41.26µg (10.31%), Calcium: 73.47mg (7.35%), Vitamin E: 0.97mg (6.49%), Manganese: 0.13mg (6.26%), Vitamin A: 181.25IU (3.63%), Fiber: 0.83g (3.31%), Vitamin K: 3.23µg (3.08%), Vitamin D: 0.38µg (2.52%)