



Turkey Breast with Gravy

READY IN



470 min.

SERVINGS



10

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 10 servings pepper black freshly ground
- 0.5 cup firmly brown sugar light packed
- 3 tablespoons flour all-purpose
- 4 cloves garlic smashed
- 1 cup kosher salt plus more for seasoning
- 1 teaspoon kosher salt
- 4 cups chicken broth low-sodium
- 1 tablespoon rosemary minced

- 1 shallots minced
- 1 teaspoon thyme leaves minced
- 6 turkey breast
- 3 tablespoons butter unsalted
- 8 tablespoons butter unsalted melted
- 1 gallon water

Equipment

- bowl
- frying pan
- oven
- whisk
- pot
- roasting pan
- wooden spoon
- kitchen thermometer
- aluminum foil
- cutting board

Directions

- Watch how to make this recipe.
- Heat the water, salt, and sugar in a large soup pot over high heat, stirring, until the salt and sugar has dissolved. Cool to room temperature then submerge the turkey breast in the brine. Refrigerate for 4 to 8 hours.
- Remove the turkey from the brine and discard the brine. Pat the turkey breast dry and set aside. Preheat the oven to 325 degrees F.
- Brush the turkey breast all over with the butter. Season generously all over with salt and pepper.
- Put the turkey breast side up in a roasting pan. Roast for 2 to 2 hours and 45 minutes or until an instant-read thermometer inserted into the thickest part of the breast registers 170 or 175

degrees F.

- Transfer the turkey to a cutting board and tent loosely with foil for 30 minutes. (The breast temperature will continue to rise to 180 degrees F as it rests.)
- Pour any pan drippings into a degreasing cup or small bowl. Reserve 2 tablespoons of the fat discarding the rest and add the separated juices to the stock.
- Add the reserved fat to the roasting pan and place on a burner over medium-high heat.
- Add the shallot, garlic, rosemary, thyme, and bay leaf, season with salt and pepper. Cook until shallot is tender, about 3 minutes.
- Meanwhile, make a paste with the butter and flour in a small bowl, set aside.
- Add the broth and scrape up any browned bits from the bottom of the pan with a wooden spoon. Bring to a boil and whisk in the flour mixture. Boil until sauce thickens to make a gravy, about 4 to 5 minutes. Adjust seasoning, to taste.
- Remove and discard the garlic and bay leaf.
- Serve.

Nutrition Facts

PROTEIN 62.58% **FAT 28.5%** **CARBS 8.92%**

Properties

Glycemic Index:28.2, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:32.106086907179%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 652.93kcal (32.65%), Fat: 20.89g (32.15%), Saturated Fat: 9.45g (59.09%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 14.41g (5.24%), Sugar: 11.25g (12.5%), Cholesterol: 285.83mg (95.28%), Sodium: 12566.67mg (546.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 103.24g (206.49%), Vitamin B3: 47.91mg (239.55%), Vitamin B6: 3.67mg (183.53%), Selenium: 107.53µg (153.61%), Phosphorus: 1143.22mg (114.32%), Vitamin B12: 3.07µg (51.15%), Vitamin B2: 0.73mg (42.77%), Zinc: 6.31mg (42.1%), Vitamin B5: 3.68mg (36.85%), Potassium: 1254.53mg (35.84%), Magnesium: 125.59mg (31.4%), Copper: 0.38mg (19.06%), Iron: 3.17mg (17.6%), Vitamin B1: 0.18mg (11.87%), Calcium: 107.96mg (10.8%), Vitamin A: 495.58IU (9.91%), Folate: 39.07µg (9.77%), Manganese: 0.13mg (6.68%), Vitamin D: 0.7µg (4.66%), Vitamin E: 0.64mg (4.28%), Vitamin C: 1.02mg (1.24%), Vitamin K: 1.29µg (1.23%),

Fiber: 0.31g (1.23%)