

Herb and Garlic Roasted Turkey Breast

Ingredients:

- 3 pounds turkey breast, bone in, skin on
- 2 garlic cloves, minced
- 1 teaspoon thyme
- 1 teaspoon rosemary
- 1 teaspoon dried sage leaves
- 1/2 teaspoon pepper
- Pinch of salt
- 2 tablespoons olive oil

Directions

1. Preheat oven to 350 °F. Rinse turkey breast and pat dry.
2. Combine garlic, herbs, salt, pepper, and olive oil in a small bowl. Rub the mixture all over the turkey, top to bottom and underneath the skin. Place in a roasting pan or a rimmed baking sheet. No rack required.
3. Roast for 45 minutes to 1 hour, or until an instant-read thermometer inserted into the thickest part of the breast, without touching the bone, reads 165 °F.
4. Cover the turkey with foil and allow it to rest for 10 minutes. Carve and serve.

Nutrition Facts

Serving Size 2 slices (233g)
Servings Per Container 6

Amount Per Serving

Calories 310 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 280mg **12%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 48g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

