

Bacon and Herb-Roasted Turkey Breast

Publix Aprons

Servings: 8

4 tablespoons unsalted butter, softened
6 slices fully-cooked bacon
2 teaspoons fresh sage, finely chopped
2 teaspoons fresh thyme, finely chopped
1 teaspoon fresh rosemary, finely chopped
zest of one lemon
2 teaspoons Kosher salt, divided
2 teaspoons garlic, minced
1 teaspoon pepper, divided
1 whole (5 to 6 pound) turkey breast

Preparation Time: 10 minutes

Preheat the oven to 350 degrees.

Cut the butter into small pieces and place in a medium bowl to soften.

Microwave the bacon following package directions.

Add the sage, thyme and rosemary to the bowl with the butter. Chop the bacon. Add the bacon, lemon zest, one teaspoon of the salt, garlic and 1/2 teaspoon of the pepper. Stir until well blended.

Place the turkey in a roasting pan. Loosen the skin from the turkey breast without totally detaching or tearing the skin (creating a pocket). Spread one-half of the butter mixture evenly under the skin of each half of the breast. Wash hands.

Sprinkle the remaining salt and pepper over the outside of the turkey.

Bake for one and one-half hours or until the turkey is 165 degrees. Use a meat thermometer to accurately ensure doneness.

Let the turkey stand 16 minutes before slicing. Serve.

Start to Finish Time: 2 hours 30 minutes

Per Serving (excluding unknown items): 446 Calories; 20g Fat (41.7% calories from fat); 62g Protein; trace Carbohydrate; trace Dietary Fiber; 184mg Cholesterol; 637mg Sodium. Exchanges: 0 Grain(Starch); 9 Lean Meat; 0 Vegetable; 0 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	446	Vitamin B6 (mg):	1.4mg
% Calories from Fat:	41.7%	Vitamin B12 (mcg):	1.2mcg
% Calories from Carbohydrates:	0.4%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	57.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	20g	Folacin (mcg):	20mcg
Saturated Fat (g):	5g	Niacin (mg):	15mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	184mg	% Refused:	0.0%
Carbohydrate (g):	trace		
Dietary Fiber (g):	trace		
Protein (g):	62g		
Sodium (mg):	637mg		
Potassium (mg):	786mg		
Calcium (mg):	41mg		
Iron (mg):	4mg		
Zinc (mg):	4mg		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	31IU		
Vitamin A (r.e.):	7RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	9
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 446 **Calories from Fat:** 186

% Daily Values*

Total Fat 20g	31%
Saturated Fat 5g	27%
Cholesterol 184mg	61%
Sodium 637mg	27%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein 62g	
Vitamin A	1%
Vitamin C	1%
Calcium	4%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.