

# Sage-Roasted Turkey Breast

*Publix Aprons*

## Servings: 8

*6 pounds turkey breast, thawed  
1 teaspoon salt  
1 teaspoon rubbed sage  
1 teaspoon zest of one lemon  
2 tablespoons canola oil*

## Preparation Time: 10 minutes

Preheat the oven to 325 degrees.

Place the turkey in a roasting pan.

In a bowl, combine the salt, sage, lemon zest and canola oil. Rub the mixture over the turkey.

Bake for 1-1/2 to 2 hours or until the turkey is 165 degrees. (Use a meat thermometer to accurately ensure doneness.)

Let the turkey stand for 10 minutes before slicing.

Start to Finish Time: 2 hours 30 minutes

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Per Serving (excluding unknown items): 511 Calories; 25g Fat (45.5% calories from fat); 67g Protein; 0g Carbohydrate; 0g Dietary Fiber; 199mg Cholesterol; 447mg Sodium. Exchanges: 9 1/2 Lean Meat; 1/2 Fat.

Turkey

## Per Serving Nutritional Analysis

Calories (kcal):	511	Vitamin B6 (mg):	1.5mg
% Calories from Fat:	45.5%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	54.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	25g	Folacin (mcg):	21mcg
Saturated Fat (g):	6g	Niacin (mg):	16mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	199mg	% Daily Value*	0.0%
	0g		

## Food Exchanges

<b>Carbohydrate (g):</b>		<b>Grain (Starch):</b>	0
<b>Dietary Fiber (g):</b>	0g	<b>Lean Meat:</b>	9 1/2
<b>Protein (g):</b>	67g	<b>Vegetable:</b>	0
<b>Sodium (mg):</b>	447mg	<b>Fruit:</b>	0
<b>Potassium (mg):</b>	843mg	<b>Non-Fat Milk:</b>	0
<b>Calcium (mg):</b>	42mg	<b>Fat:</b>	1/2
<b>Iron (mg):</b>	4mg	<b>Other Carbohydrates:</b>	0
<b>Zinc (mg):</b>	5mg		
<b>Vitamin C (mg):</b>	0mg		
<b>Vitamin A (i.u.):</b>	18IU		
<b>Vitamin A (r.e.):</b>	6RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 511 Calories from Fat: 233

### % Daily Values\*

<b>Total Fat</b>	25g	38%
Saturated Fat	6g	30%
<b>Cholesterol</b>	199mg	66%
<b>Sodium</b>	447mg	19%
<b>Total Carbohydrates</b>	0g	0%
Dietary Fiber	0g	0%
<b>Protein</b>	67g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		4%
<b>Iron</b>		20%

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