AMERICAN · DINNER

Herb Butter Roast Turkey Breast

135 min · Serves 6 · 659 kcal a serve · Video 6:46 · Downshiftology

Gluten-free ingredients · No nuts listed

About 79 g protein and under 1 g net carbs a serve: turkey breast roasted under garlic-herb butter, with no flour or sugar. Rich in selenium and vitamin B6.

Diet notes: Low carb (0.8 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: ghee instead of the unsalted butter.

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Ingredients 7 · SERVES 6

- [ ] 1 **bone-in turkey breast**, about 2.9 kg
- [ ] 110 g **unsalted butter**, softened
- [ ] 4 **garlic** cloves, minced
- [ ] 2 tsp finely chopped **fresh rosemary**
- [ ] 2 tsp finely chopped **fresh thyme**
- [ ] ½ tsp **kosher salt**
- [ ] ¼ tsp **freshly ground black pepper**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Finely chop the rosemary and thyme. 0:29
2. Let the turkey breast come to room temperature, remove any pop-up timer and pat it dry with paper towels. 1:01
3. Mash the soft butter with the herbs, salt, pepper and garlic using a fork. 1:55
4. Gently loosen the skin with your hand (no knife), spread about half the butter under the skin and the rest over the top. 3:01
5. Put the breast in a baking dish and roast at 160°C for 1½–2 hours, until a thermometer in the thickest part reads 71°C. 4:18
6. Rest it under foil for 15 minutes; it climbs to 74°C. Then cut each half of the breast off the bone and slice it with the skin on. 4:49

> **Tip** Serves 6 generously (about 275 g of meat each), or 8–10 with plenty of sides. Skip the pop-up timer and use an instant-read thermometer. Leftovers keep 3–4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
659 kcal	79 g	1 g	0.2 g	36 g	300 mg
2,760 kJ	159% of a day	0.8 g net · 0.1 g sugars	1% of a day	15 g saturated	13% of a day
		0% of a day		46% of a day	

Energy from net carbs 0% · protein 49% · fat 51% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 146% · Vitamin B6 79% · Zinc 51% · Vitamin B12 43% · Iron 22%

Source of (10–19%) Magnesium 18% · Potassium 17% · Omega-3 16% · Vitamin A 14%

Recipe and video: Downshiftology (@Downshiftology) on YouTube — youtube.com/watch?v=xJSCoiqDINM, published 17 November 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/herb-butter-roast-turkey-breast