

# Italian Herb Turkey

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-herb-turkey-recipe>

## Ingredients:

- 2 1/2 pounds boneless turkey breast skin on, organic free-range
- 3 tablespoons salted butter or grapeseed oil
- 1 tablespoon dried Italian herbs
- 2 garlic cloves skin off, whole
- 2 fresh bay leaves
- salt
- pepper
- 2 tablespoons olive oil

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 220 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 69 grams
7. SaturatedFat: 9 grams
8. Sodium: 390 milligrams

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