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Zesto Pesto Turkey ··

Zesto Pesto Turkey is a delicious and flavorful dish that combines juicy turkey with a zesty pesto sauce. It is a perfect main course for any occasion and can be enjoyed by both meat lovers and vegetarians.

Recipe Type: Standard	Prep Time: 20 mins
Cook Time: 60 mins	Total Time: 80 mins
Recipe Yield: 1000 grams	Number of Servings: 4
Serving Size: 250 g	

Ingredients

800 g	Turkey Breast
200 g	pesto sauce
1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Olive oil

2 cloves	garlic
2 tbsp	Lemon juice
20 g	basil leaves

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



In a small bowl, combine the pesto sauce, olive oil, garlic, lemon juice, salt, and black pepper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Serving

Place the turkey breast in a baking dish and pour the pesto mixture over it. Make sure the turkey is well coated with the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Oven

Cover the baking dish with aluminum foil and bake for 45 minutes.

Prep Time: 0 mins

Cook Time: 45 mins

Step 5

Oven

Remove the foil and continue baking for another 15 minutes, or until the turkey is cooked through and golden brown on top.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Resting

Remove the turkey from the oven and let it rest for 10 minutes before slicing.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Slice the turkey and serve with your favorite side dishes.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2g

Nutrition Facts

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Proteins

Nutrient Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%	
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%

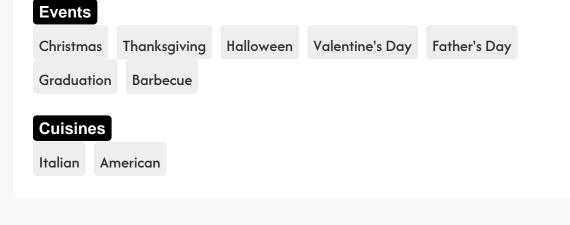
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

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Nutritiona	l Content				
Low Calorie	High Prot	ein Low Fat	Low Carb	High Fiber	Low Sodium
Sugar-Free	High Vitam	nin C High Ir	on High Ca	Ilcium	
Kitchen T	ools				
Blender					
Meal Type	÷				
Lunch Di	nner Snack	ĸ			
Difficulty	Level				
Easy					

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