



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

Mixing

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: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	25 g	147.06%	147.06%
---------	------	---------	---------

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

Events

Christmas

Thanksgiving

Halloween

Valentine's Day

Father's Day

Graduation

Barbecue

Cuisines

Italian

American

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com