



Balsamic Turkey

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



3

CALORIES



167 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon garlic powder
- 1 teaspoon olive oil
- 0.3 teaspoon pepper
- 1 large bell pepper red sliced into rings
- 0.3 teaspoon salt
- 12 ounce turkey breast cutlets

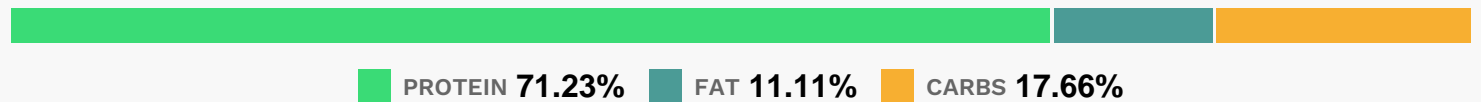
Equipment

frying pan

Directions

- Rub turkey with salt, garlic powder, and 1/4 teaspoon pepper. Coat a large nonstick skillet with cooking spray.
- Add oil, and place skillet over medium-high heat until hot.
- Add turkey, and cook 2 minutes on each side or until lightly browned.
- Transfer cutlets to a serving platter; keep warm.
- Add red bell pepper to skillet, and cook, stirring constantly, 3 minutes or until crisp-tender.
- Transfer bell pepper to serving platter.
- Add vinegar to skillet; cook 2 minutes or until slightly reduced. Spoon over cutlets.
- * Low-Calorie: A 3-ounce cooked portion of skinned turkey breast has only 115 calories.
- * Low-Saturated Fat: Cooked turkey breast has only 2 grams of saturated fat in a 3-ounce serving.
- * Low-Sodium: When roasted without salt, a 3-ounce portion of turkey breast has only 44 milligrams of sodium.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:2.53, Inflammation Score:-8, Nutrition Score:7.7886956256369%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 167.28kcal (8.36%), Fat: 2.01g (3.1%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 5.99g (2.18%), Sugar: 5.48g (6.09%), Cholesterol: 70.87mg (23.62%), Sodium: 253.24mg (11.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.11%), Vitamin C: 69.98mg (84.82%), Vitamin A: 1712.52IU (34.25%), Vitamin B6: 0.16mg (8.19%), Vitamin E: 1.06mg (7.06%), Folate: 25.29µg (6.32%), Manganese: 0.11mg (5.66%), Fiber: 1.21g (4.85%), Potassium: 144.4mg (4.13%), Vitamin K: 3.76µg (3.58%), Iron: 0.61mg (3.38%),

Vitamin B2: 0.05mg (2.77%), Vitamin B3: 0.54mg (2.7%), Magnesium: 9.59mg (2.4%), Vitamin B1: 0.03mg (2.05%), Phosphorus: 19.55mg (1.95%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.16mg (1.09%), Calcium: 10.63mg (1.06%)