

## Breaded Turkey Breasts

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup breadcrumbs dry
- 1 cup milk
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated
- 2 teaspoons seasoning italian-style
- 1 pound turkey breast meat boneless skinless cut into strips

### Equipment

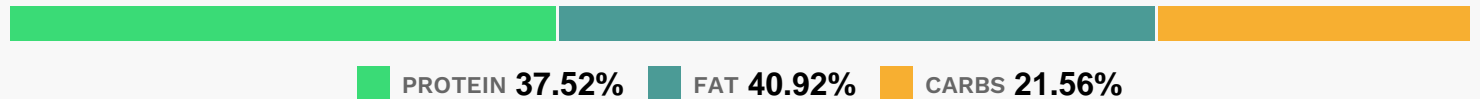
- bowl

frying pan

## Directions

- In shallow bowl, combine bread crumbs, Parmesan cheese and Italian seasoning.
- Pour milk into another shallow bowl. Dip turkey in milk, then in crumb mixture.
- Heat olive oil in a large skillet over medium heat. Cook turkey for 8 to 10 minutes or until golden brown, and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:1.1, Inflammation Score:-2, Nutrition Score:9.5869565436859%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 440.1kcal (22.01%), Fat: 20.04g (30.83%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 22.11g (8.04%), Sugar: 4.65g (5.17%), Cholesterol: 107.22mg (35.74%), Sodium: 391.5mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.34g (82.68%), Calcium: 222.78mg (22.28%), Iron: 3.7mg (20.58%), Vitamin B1: 0.3mg (19.91%), Vitamin K: 16.42µg (15.63%), Manganese: 0.31mg (15.29%), Vitamin E: 2.21mg (14.74%), Phosphorus: 147.26mg (14.73%), Selenium: 10.2µg (14.56%), Vitamin B2: 0.22mg (12.93%), Vitamin B3: 1.91mg (9.53%), Vitamin B12: 0.51µg (8.47%), Folate: 31.64µg (7.91%), Fiber: 1.64g (6.56%), Zinc: 0.94mg (6.26%), Magnesium: 23.82mg (5.95%), Potassium: 168.65mg (4.82%), Vitamin D: 0.7µg (4.68%), Vitamin B6: 0.09mg (4.27%), Vitamin B5: 0.41mg (4.06%), Copper: 0.08mg (3.91%), Vitamin A: 169.89IU (3.4%)