



Buffalo-Style Turkey Tenderloin



Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 lb turkey breast tenderloins
- ☐ 1 cup baby potatoes refrigerated cooked (from 1-lb 4-oz bag)
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons cheese dressing blue reduced-fat
- ☐ 1 teaspoons ground pepper
- ☐ 1 serving parsley fresh chopped

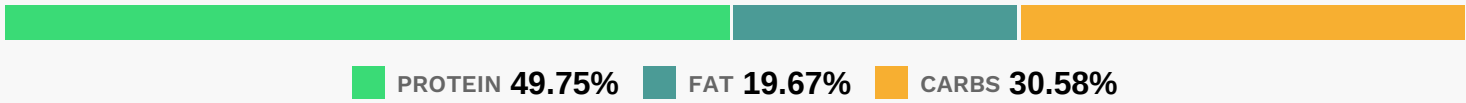
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-low heat.
- ☐ Add turkey; cover and cook 10 minutes, turning after 5 minutes.
- ☐ Add potatoes, onion and bell pepper; cook uncovered about 5 minutes longer, stirring occasionally and adding 1 to 2 tablespoons water if needed, until juice of turkey is clear when center of thickest part is cut (170°F) and potatoes are tender.
- ☐ Meanwhile, in small bowl, mix dressing and pepper sauce.
- ☐ Pour sauce over turkey mixture, stirring to coat. Reduce heat to low. Cook until sauce is heated through.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:10.53, Inflammation Score:-6, Nutrition Score:7.8465218414431%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 233.88kcal (11.69%), Fat: 5.13g (7.9%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 15.3g (5.56%), Sugar: 2.82g (3.14%), Cholesterol: 50.77mg (16.92%), Sodium: 224.3mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Vitamin K: 40.14µg (38.22%), Vitamin C: 21.2mg (25.7%), Vitamin B6: 0.3mg (14.93%), Vitamin A: 587.33IU (11.75%), Potassium: 406.12mg (11.6%), Fiber: 2.67g (10.67%), Manganese: 0.19mg (9.48%), Phosphorus: 70.89mg (7.09%), Magnesium: 24.82mg (6.2%), Folate: 24.15µg (6.04%), Vitamin B1: 0.09mg (5.76%), Iron: 0.95mg (5.26%), Copper: 0.1mg (5.24%), Vitamin B3: 0.96mg (4.79%), Vitamin E: 0.55mg (3.67%), Vitamin B2: 0.06mg (3.59%), Calcium: 35.79mg (3.58%), Vitamin B5: 0.28mg (2.79%),

Zinc: 0.37mg (2.46%), Selenium: 0.75µg (1.08%)