



## Cheater's Thanksgiving Turkey

READY IN



40 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 eggs
- 0.3 cup flour all-purpose
- 2 teaspoons garlic powder
- 0.5 cup milk
- 2 teaspoons onion salt
- 2 cups bread stuffing mix dry
- 24 ounce turkey breast cutlets
- 1.7 ounce turkey gravy mix
- 2 cups water cold

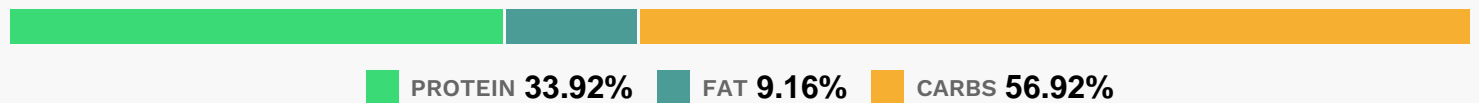
## Equipment

- bowl
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Crush the stuffing mix into crumbs in a bowl; stir garlic powder and onion salt into crumbs.
- Place flour in a shallow bowl. Beat egg and milk together in a separate shallow bowl.
- Dip turkey cutlets in flour, then in egg mixture; gently press into crumbs to coat.
- Place the breaded cutlets into a 9x13-inch baking dish.
- Bake in the preheated oven until the juices run clear and the cutlets are no longer pink inside, about 20 minutes.
- Whisk dry gravy mix with water in a saucepan until smooth, place over medium heat, and bring to a boil, whisking constantly. Reduce heat and simmer 1 minute.
- Pour gravy over cutlets to serve.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:4.9, Inflammation Score:-6, Nutrition Score:21.061739067183%

## Nutrients (% of daily need)

Calories: 711.23kcal (35.56%), Fat: 7.11g (10.93%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 99.32g (33.11%), Net Carbohydrates: 95.19g (34.62%), Sugar: 11.56g (12.84%), Cholesterol: 152.07mg (50.69%), Sodium: 2993.68mg (130.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.19g (118.37%), Selenium: 63.75µg (91.07%), Folate: 218.91µg (54.73%), Vitamin B1: 0.79mg (52.96%), Manganese: 0.78mg (38.9%), Vitamin B3: 7.33mg (36.67%),

Vitamin B2: 0.61mg (35.94%), Iron: 5.43mg (30.16%), Phosphorus: 234.03mg (23.4%), Fiber: 4.13g (16.53%), Calcium: 165.05mg (16.5%), Copper: 0.33mg (16.44%), Magnesium: 56.38mg (14.1%), Vitamin B6: 0.25mg (12.27%), Potassium: 378.43mg (10.81%), Zinc: 1.48mg (9.88%), Vitamin B5: 0.8mg (7.99%), Vitamin B12: 0.29µg (4.77%), Vitamin E: 0.6mg (3.97%), Vitamin D: 0.56µg (3.7%), Vitamin A: 111.18IU (2.22%), Vitamin K: 1.46µg (1.39%)