



Chili-Rubbed Turkey Cutlets With Black-Eyed Peas

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



486 kcal

SEASONING

MARINADE

Ingredients

- 1 cup black-eyed peas frozen thawed
- 0.8 teaspoon cajun spice
- 1 stalk celery finely chopped
- 0.8 cup cherry tomatoes halved
- 1 ear of corn frozen thawed (or)
- 2 tablespoons parsley fresh chopped
- 1 cup israeli couscous

- 1 juice of lime
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 2 scallions thinly sliced
- 1.3 pounds turkey cutlets


Equipment

- bowl
- frying pan
- sauce pan

Directions

- Combine the chili powder and lime juice in a medium bowl.
- Add the turkey and turn to coat; let marinate 10 minutes. Bring a medium saucepan of water to a boil.
- Add the couscous and cook until tender, 8 to 10 minutes; drain. Meanwhile, heat 1 tablespoon olive oil in a large cast-iron skillet over medium-high heat.
- Add the corn, black-eyed peas and celery and cook, stirring occasionally, until they begin to soften, about 3 minutes.
- Add the tomatoes, scallions, parsley, 1/2 teaspoon salt, and pepper to taste and cook until warmed through, about 2 more minutes; transfer to a large bowl.
- Add the couscous to the bowl along with 1 tablespoon olive oil, and salt and pepper to taste; toss. Wipe out the skillet; add the remaining 1 tablespoon olive oil and heat over medium-high heat.
- Add the turkey and cook until browned, about 3 minutes per side; add salt and pepper.
- Serve with the couscous.
- Photograph by Johnny Miller

Nutrition Facts

 **PROTEIN 37.4%**  **FAT 22.31%**  **CARBS 40.29%**

Properties

Glycemic Index:54.25, Glycemic Load:22.81, Inflammation Score:-7, Nutrition Score:13.765652055326%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 486.46kcal (24.32%), Fat: 12.07g (18.57%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 42.93g (15.61%), Sugar: 3.98g (4.42%), Cholesterol: 88.59mg (29.53%), Sodium: 282.13mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.54g (91.08%), Vitamin K: 56.4µg (53.71%), Manganese: 0.63mg (31.73%), Folate: 122.49µg (30.62%), Fiber: 6.12g (24.48%), Phosphorus: 175.61mg (17.56%), Vitamin C: 14.42mg (17.48%), Magnesium: 57.01mg (14.25%), Vitamin B1: 0.21mg (14.11%), Iron: 2.45mg (13.63%), Copper: 0.27mg (13.51%), Vitamin E: 2.01mg (13.37%), Vitamin A: 646.79IU (12.94%), Vitamin B3: 2.39mg (11.95%), Potassium: 383.27mg (10.95%), Vitamin B5: 0.96mg (9.61%), Vitamin B6: 0.16mg (7.84%), Zinc: 1.13mg (7.55%), Vitamin B2: 0.09mg (5.51%), Calcium: 37.32mg (3.73%), Selenium: 1.46µg (2.08%)