



Chipotle Turkey Cutlets

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

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 14.5 ounce canned tomatoes with jalapeño peppers and spices, undrained mexican-style canned
- 0.7 cup less-sodium chicken broth fat-free
- 1.5 teaspoons ground chipotle chile powder
- 0.5 teaspoon ground cumin
- 1 tablespoon olive oil divided
- 0.8 cup onion coarsely chopped
- 0.3 teaspoon salt

- 2 teaspoons sesame seed
- 2 ounce turkey breast cutlets
- 2 teaspoons cocoa unsweetened

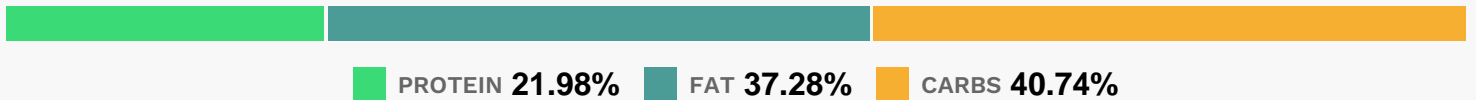
Equipment

- frying pan

Directions

- Combine the first 3 ingredients.
- Sprinkle turkey with sesame seed mixture.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add turkey; cook 3 minutes on each side or until browned.
- Remove from pan.
- Heat 1 teaspoon oil in pan.
- Add onion; saut 5 minutes or until tender. Stir in chipotle powder and cumin; saut 30 seconds. Stir in broth, cocoa, and tomatoes. Return turkey to pan; bring to a boil. Partially cover, reduce heat, and simmer 20 minutes or until turkey is tender and sauce is slightly thickened.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:2.8, Inflammation Score:-5, Nutrition Score:7.7752173776212%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

Nutrients (% of daily need)

Calories: 103.06kcal (5.15%), Fat: 4.68g (7.2%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 8.4g (3.05%), Sugar: 5.92g (6.58%), Cholesterol: 8.86mg (2.95%), Sodium: 456.51mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.42%), Manganese: 0.33mg (16.4%), Vitamin C: 11.7mg (14.18%), Copper: 0.28mg (13.99%), Vitamin E: 2.09mg (13.96%), Fiber: 3.12g (12.46%), Iron: 2.03mg (11.28%), Potassium: 391.02mg (11.17%), Vitamin B6: 0.22mg (11.07%), Vitamin A: 448.56IU (8.97%), Vitamin K: 8.9µg (8.48%), Vitamin B3: 1.66mg (8.3%), Magnesium: 32.4mg (8.1%), Vitamin B1: 0.11mg (7.04%), Calcium: 59.78mg (5.98%), Phosphorus: 59.6mg (5.96%), Folate: 20.85µg (5.21%), Vitamin B2: 0.08mg (4.79%), Vitamin B5: 0.38mg (3.8%), Zinc: 0.5mg (3.3%), Selenium: 2.19µg (3.13%), Vitamin B12: 0.08µg (1.26%)