



Chipotle Turkey Cutlets with Charred Corn Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds turkey breast fillets fresh
- ☐ 2 teaspoons chipotle chile powder
- ☐ 1.5 cups corn kernels frozen thawed
- ☐ 4 tablespoons corn oil
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 medium bell pepper diced green
- ☐ 1 tablespoon juice of lime fresh

- ☐ 4 servings lime wedges
- ☐ 1 small onion diced red

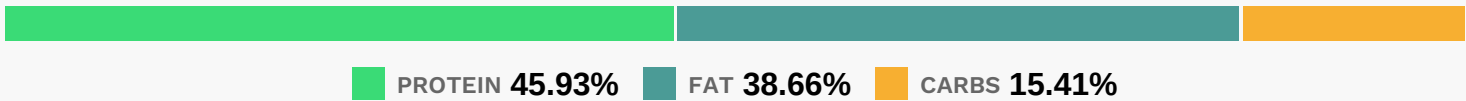
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Char corn in heavy medium nonstick skillet over medium–high heat, stirring often, about 4 minutes. Set aside.
- ☐ Sprinkle turkey on both sides with chile powder; sprinkle with salt.
- ☐ Heat 1 tablespoon oil in large skillet over medium–high heat.
- ☐ Add half of turkey and sauté until cooked through, about 1 1/2 minutes per side.
- ☐ Transfer to plate. Repeat with 1 tablespoon oil and remaining turkey.
- ☐ Add 2 tablespoons oil to drippings in skillet.
- ☐ Add bell pepper and onion; sauté 3 minutes. Increase heat to high and add charred corn. Sauté until peppers begin to brown, about 3 minutes longer. Stir in cilantro and lime juice. Season salsa with salt and pepper; transfer to medium bowl. Return turkey to skillet and reheat, about 1 minute. Spoon salsa over turkey and serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:6.6056522182796%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 377.18kcal (18.86%), Fat: 16.64g (25.61%), Saturated Fat: 1.34g (8.37%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 11.95g (4.34%), Sugar: 5.72g (6.36%), Cholesterol: 118.08mg (39.36%), Sodium: 206.72mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.5g (89%), Vitamin C: 28.62mg (34.7%), Iron: 2.76mg (15.34%), Vitamin E: 2.28mg (15.23%), Fiber: 2.98g (11.91%), Vitamin K: 11.35µg (10.81%), Folate: 32.03µg (8.01%), Manganese: 0.15mg (7.34%), Vitamin B6: 0.13mg (6.29%), Potassium: 184.01mg (5.26%), Calcium: 46.41mg (4.64%), Phosphorus: 43.4mg (4.34%), Vitamin B2: 0.07mg (4.29%), Vitamin A: 208.15IU (4.16%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.05mg (3.62%), Magnesium: 14.34mg (3.59%), Vitamin B5: 0.29mg (2.94%), Copper: 0.05mg (2.73%), Zinc: 0.29mg (1.94%)