



Cinnamon Orange Turkey Scaloppini



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 4 servings salt and pepper black freshly ground to taste
- ☐ 24 ounce turkey cutlets

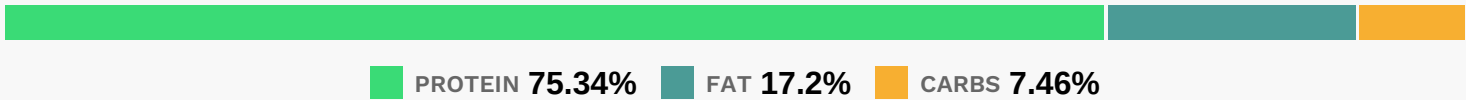
Equipment

☐ frying pan

Directions

- ☐ Combine the cinnamon, and garlic with a little salt and pepper; rub over both sides of the turkey cutlets.
- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add the seasoned cutlets, and fry for 2 to 3 minutes on each side, until nicely browned on the outside, but not fully cooked.
- ☐ Remove from the pan and set aside; keep warm.
- ☐ Pour the orange juice and lemon juice into the pan, stirring in any bits of food that are stuck to the pan. Bring to a boil, and return the turkey to the pan. Reduce heat to medium, and cook until liquid has reduced by half, 10 to 15 minutes.
- ☐ Serve cutlets with sauce spooned over.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:2.259999971027%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 230.82kcal (11.54%), Fat: 4.35g (6.69%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.72g (3.02%), Cholesterol: 106.31mg (35.44%), Sodium: 78.89mg (3.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.87g (85.74%), Vitamin C: 17.43mg (21.13%), Manganese: 0.09mg (4.31%), Vitamin E: 0.64mg (4.26%), Vitamin K: 2.79µg (2.66%), Folate: 10.13µg (2.53%), Iron: 0.39mg (2.18%), Vitamin B1: 0.03mg (2.13%), Potassium: 74.28mg (2.12%), Vitamin B6: 0.03mg (1.67%), Vitamin A: 63.64IU (1.27%), Magnesium: 4.33mg (1.08%), Fiber: 0.26g (1.05%), Copper: 0.02mg (1.05%)