



Cook the Book: Turkey Piccata

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1.5 pound turkey breast boneless
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings kosher salt to taste
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons shallots finely chopped
- ☐ 6 tablespoons butter unsalted divided

☐ 0.5 cup wine

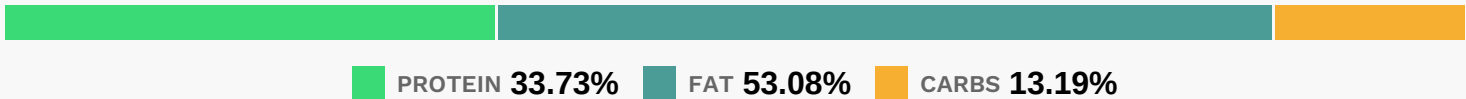
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Heat the oven to 200°F.
- ☐ Cut the turkey breast crosswise into 1/2-inch pieces. Set the pieces of turkey, one at a time, on a large piece of plastic wrap, lightly spritz the top of the turkey with water, fold the plastic wrap over the turkey, and spritz the top of the plastic wrap with water. Pound to no less than 1/8 inch thick.
- ☐ Season both sides of the meat with salt and pepper and then dredge in flour. Shake off the excess flour. Set aside.
- ☐ Heat the oil and 4 tablespoons of the butter in a 12-inch sauté pan over medium-high heat. When hot, but not yet smoking, brown the turkey, about 1 minute on each side, then remove to an ovenproof platter.
- ☐ Place in the oven to keep warm.
- ☐ Reduce the heat to low and add the shallots to the pan. Sauté for 1 to 2 minutes, until they begin to turn translucent.
- ☐ Add the wine and lemon juice to the pan and simmer until slightly reduced, about 2 minutes.
- ☐ Add the remaining 2 tablespoons butter and whisk to combine. Season with salt and pepper to taste, if necessary.
- ☐ Pour the sauce over the turkey, sprinkle with the parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:8.98, Inflammation Score:-7, Nutrition Score:21.735652301622%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 474.77kcal (23.74%), Fat: 27.08g (41.67%), Saturated Fat: 12.28g (76.76%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 14.42g (5.24%), Sugar: 1.35g (1.5%), Cholesterol: 137mg (45.67%), Sodium: 550.4mg (23.93%), Alcohol: 3.09g (100%), Alcohol %: 1.44% (100%), Protein: 38.72g (77.44%), Vitamin B3: 17.9mg (89.5%), Vitamin B6: 1.37mg (68.47%), Selenium: 44.24µg (63.2%), Phosphorus: 434.69mg (43.47%), Vitamin K: 38.85µg (37%), Vitamin B2: 0.34mg (20.1%), Vitamin B12: 1.11µg (18.46%), Zinc: 2.43mg (16.19%), Vitamin B5: 1.47mg (14.74%), Vitamin A: 729.26IU (14.59%), Potassium: 504.86mg (14.42%), Vitamin C: 10.93mg (13.25%), Magnesium: 52.83mg (13.21%), Vitamin B1: 0.19mg (12.74%), Folate: 50.25µg (12.56%), Vitamin E: 1.66mg (11.03%), Iron: 1.98mg (11%), Manganese: 0.19mg (9.4%), Copper: 0.13mg (6.38%), Calcium: 40.36mg (4.04%), Vitamin D: 0.49µg (3.23%), Fiber: 0.73g (2.94%)