



Cranberry-Orange Turkey Cutlets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon olive oil divided
- ☐ 0.3 cup onion finely chopped
- ☐ 0.7 cup orange juice
- ☐ 0.8 teaspoon salt

☐ 1 pound turkey cutlets

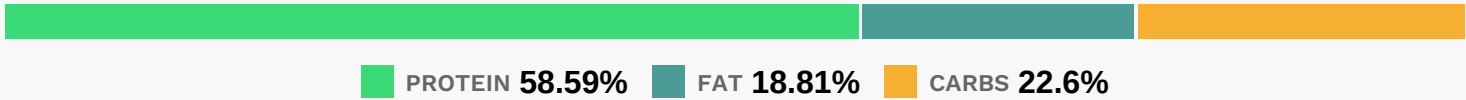
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Combine first 4 ingredients in a shallow dish. Dredge turkey cutlets in flour mixture.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of turkey cutlets, and cook 3 minutes on each side or until done.
- ☐ Remove cutlets to a serving platter; keep warm. Repeat process with remaining 1 1/2 teaspoons oil and turkey cutlets.
- ☐ Add onion to pan, and cook over medium heat 1 minute.
- ☐ Add juice and broth; stir, scraping bottom of pan with a wooden spoon to loosen browned bits. Bring to a boil, and cook 6 to 7 minutes or until slightly thickened.
- ☐ Add cranberry-orange crushed fruit, and cook 1 minute or until thoroughly heated. Spoon sauce over cutlets.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:6.74, Inflammation Score:-3, Nutrition Score:4.0078261287316%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 205.42kcal (10.27%), Fat: 4.25g (6.53%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 10.9g (3.96%), Sugar: 3.96g (4.4%), Cholesterol: 70.87mg (23.62%), Sodium: 605.4mg (26.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.49%), Vitamin C: 21.47mg (26.02%), Folate: 29.27µg (7.32%), Vitamin B1: 0.11mg (7.07%), Manganese: 0.12mg (5.9%), Iron: 0.89mg (4.94%), Selenium: 3.38µg (4.83%), Vitamin K: 4.76µg (4.54%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.54mg (3.59%), Vitamin B2: 0.06mg (3.56%), Potassium: 118.6mg (3.39%), Fiber: 0.57g (2.29%), Phosphorus: 22.13mg (2.21%), Copper: 0.04mg (2.17%), Magnesium: 8.26mg (2.07%), Vitamin B6: 0.04mg (1.87%), Vitamin A: 88.98IU (1.78%), Vitamin B5: 0.16mg (1.63%), Calcium: 12.93mg (1.29%)