



Curried Turkey with Pecans

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups couscous hot cooked
- 0.8 teaspoon curry powder
- 1 tablespoon brown sugar dark
- 0.8 cup less-sodium chicken broth fat-free divided
- 0.1 teaspoon ground pepper red
- 8 orange essence plums dried chopped
- 0.3 cup pecans
- 0.5 teaspoon salt divided

1 pound turkey cutlets

Equipment

bowl

frying pan

Directions

Combine brown sugar, curry powder, 1/4 teaspoon salt, and red pepper; rub over turkey.

Place a large nonstick skillet over medium-high heat until hot.

Add pecans, and cook 3 minutes or until lightly browned, stirring constantly.

Transfer pecans to a small bowl.

Coat pan with cooking spray.

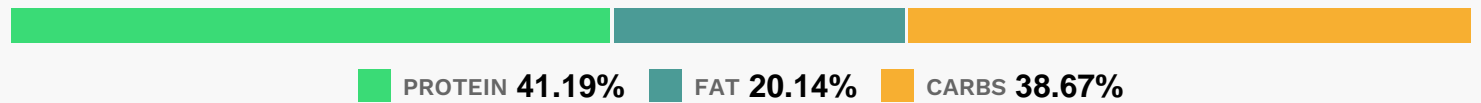
Add turkey; cook 2 minutes on each side or until done.

Transfer turkey to a platter, and keep warm.

Add onion and 6 tablespoons chicken broth to pan. Cook, uncovered, 2 minutes, stirring constantly. Stir in plums, remaining chicken broth, 1/4 teaspoon salt, and pecans. Cook 2 minutes or until liquid is nearly absorbed. Spoon mixture over turkey; cover and let stand 5 minutes.

Serve turkey mixture over couscous. Top each serving with chutney, if desired.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:16.75, Inflammation Score:-1, Nutrition Score:7.098695769906%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:

0.21mg

Nutrients (% of daily need)

Calories: 330.5kcal (16.53%), Fat: 7.37g (11.34%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 31.86g (10.62%), Net Carbohydrates: 29.2g (10.62%), Sugar: 3.47g (3.85%), Cholesterol: 70.87mg (23.62%), Sodium: 523.87mg (22.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.93g (67.87%), Selenium: 33.77µg (48.24%), Manganese: 0.53mg (26.62%), Fiber: 2.66g (10.65%), Vitamin B1: 0.14mg (9.22%), Copper: 0.17mg (8.51%), Vitamin B3: 1.52mg (7.61%), Iron: 1.06mg (5.88%), Phosphorus: 57.36mg (5.74%), Vitamin B5: 0.57mg (5.7%), Magnesium: 22.16mg (5.54%), Folate: 20.76µg (5.19%), Zinc: 0.74mg (4.96%), Vitamin B6: 0.09mg (4.61%), Potassium: 129.4mg (3.7%), Vitamin B2: 0.05mg (3.19%), Vitamin E: 0.38mg (2.54%), Calcium: 22.04mg (2.2%), Vitamin B12: 0.09µg (1.42%)