



Fried Turkey Cutlets

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup bread crumbs plain fresh
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 teaspoons mustard dry
- ☐ 1 garlic clove thinly sliced
- ☐ 0.5 recipe warm three-mushroom gravy
- ☐ 2 cups buttermilk 1% low-fat ()
- ☐ 0.5 small onion thinly sliced
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1.5 pounds turkey breast cutlets

- ☐ 2 teaspoons worcestershire sauce

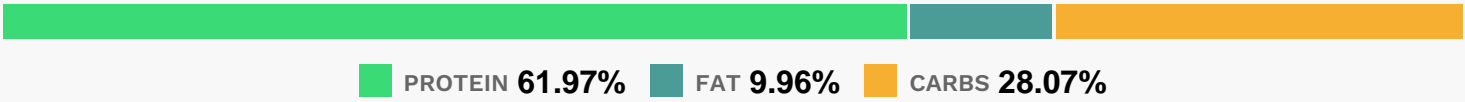
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine the buttermilk, Worcestershire, dry mustard, and cayenne in a shallow nonreactive baking dish. Stir in the onion and garlic and add the turkey cutlets, turning to coat. Cover and refrigerate for at least 4 hours or overnight.
- ☐ Preheat the oven to 35
- ☐ Spread the bread crumbs on a baking sheet and toast for about 5 minutes, until lightly browned.
- ☐ Transfer to a plate and season with salt and pepper.
- ☐ Drain the turkey cutlets and discard the marinade. Coat the cutlets with the seasoned bread crumbs, shaking off the excess. Coat a large nonstick skillet with olive oil cooking spray and warm over moderately high heat.
- ☐ Add one-third of the turkey cutlets and spray them lightly. Fry the cutlets, turning once, until cooked through and golden, about 3 minutes per side.
- ☐ Transfer to a platter, cover loosely with foil, and keep warm. Wipe out the skillet and repeat the process with more olive oil spray and the remaining turkey cutlets.
- ☐ Transfer the turkey to warmed plates. Spoon the Three-Mushroom Gravy on top and serve with the spaetzle and roasted beets.
- ☐ Wine Recommendation: This dish could be matched with a light, fruity red, such as Beaujolais, but a rich, round California Chardonnay, such as the 1992 Simi or Silverado Limited Reserve, has enough depth to match the rich savory flavors of the cutlets and spaetzle with gravy.
- ☐ Notes: ONE SERVING: Calories 234 kcal, Protein 34 gm, Carbohydrate 17 gm, Cholesterol 72 mg, Total Fat 7 gm, Saturated Fat 1 gm

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:5.0486956549727%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 215.48kcal (10.77%), Fat: 2.37g (3.64%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 14.99g (5%), Net Carbohydrates: 14.12g (5.14%), Sugar: 5.19g (5.76%), Cholesterol: 74.08mg (24.69%), Sodium: 296.24mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.2%), Calcium: 124.35mg (12.44%), Vitamin B1: 0.17mg (11.26%), Vitamin B2: 0.19mg (10.93%), Phosphorus: 103.3mg (10.33%), Selenium: 6.52µg (9.31%), Manganese: 0.17mg (8.7%), Iron: 1.08mg (6.02%), Folate: 21µg (5.25%), Potassium: 183.39mg (5.24%), Vitamin B3: 1.01mg (5.07%), Magnesium: 18.46mg (4.62%), Zinc: 0.6mg (3.98%), Vitamin B12: 0.22µg (3.72%), Fiber: 0.87g (3.48%), Vitamin B6: 0.06mg (3.19%), Vitamin B5: 0.31mg (3.11%), Copper: 0.06mg (2.86%), Vitamin C: 1.82mg (2.21%), Vitamin A: 109.45IU (2.19%), Vitamin K: 1.36µg (1.29%)