



Glazed Turkey Cutlets



Gluten Free



Dairy Free

READY IN



39 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 cup chicken broth fat-free reduced-sodium
- ☐ 2 garlic cloves minced
- ☐ 1 bell pepper green cut into strips
- ☐ 2 teaspoons honey
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1 bell pepper red cut into strips

- ☐ 1.3 cups rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 pound turkey breast cutlets ()

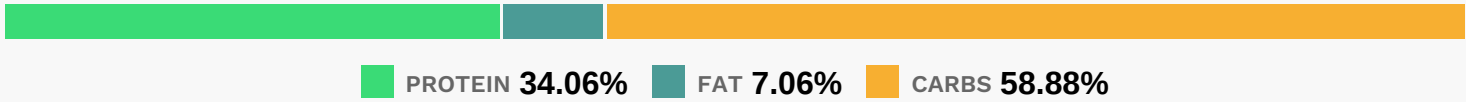
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Cook rice in a Dutch oven according to package directions, omitting salt and fat.
- ☐ Combine chicken broth, balsamic vinegar, and honey in a small bowl. Set aside.
- ☐ Sprinkle salt and pepper over both sides of turkey.
- ☐ Heat oil in a large nonstick skillet over medium-high heat until hot.
- ☐ Add garlic; cook, stirring constantly, 30 seconds.
- ☐ Add turkey; cook 2 minutes on each side or until done.
- ☐ Remove from skillet; transfer to a large serving platter, and keep warm. Reduce heat to medium; add bell peppers, and cook, stirring constantly, 2 minutes.
- ☐ Add broth mixture to skillet; cook 30 seconds, stirring constantly. Spoon sauce and peppers over cutlets.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:66.86, Glycemic Load:32.82, Inflammation Score:-7, Nutrition Score:11.259565103313%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 402.1kcal (20.11%), Fat: 3.09g (4.76%), Saturated Fat: 0.42g (2.66%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 56g (20.36%), Sugar: 6.74g (7.49%), Cholesterol: 70.87mg (23.62%), Sodium: 263.92mg (11.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.1%), Vitamin C: 62.48mg (75.74%), Manganese: 0.8mg (40.1%), Vitamin A: 1042.37IU (20.85%), Selenium: 9.9µg (14.14%), Vitamin B6: 0.28mg (13.81%), Phosphorus: 91.07mg (9.11%), Copper: 0.17mg (8.68%), Fiber: 2g (8.01%), Vitamin B5: 0.78mg (7.79%), Vitamin B3: 1.52mg (7.58%), Vitamin E: 0.94mg (6.26%), Potassium: 212.99mg (6.09%), Magnesium: 24.21mg (6.05%), Iron: 1.07mg (5.97%), Zinc: 0.82mg (5.5%), Folate: 21.87µg (5.47%), Vitamin B1: 0.08mg (5.35%), Vitamin K: 5.16µg (4.91%), Vitamin B2: 0.07mg (4.12%), Calcium: 29.72mg (2.97%)