



Greek Seasoned Turkey Tenderloins



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



388 kcal

SEASONING

MARINADE

Ingredients

- ☐ 9 oz artichoke hearts frozen thawed drained
- ☐ 2 spring onion cut into 1/2-inch pieces
- ☐ 2 plum tomatoes italian quartered
- ☐ 3 oz portabello mushrooms cut into 1/2-inch-thick slices
- ☐ 1 lb baking potatoes unpeeled cut into 1-inch pieces
- ☐ 1 lb turkey breast tenderloins
- ☐ 0.5 cup balsamic vinaigrette salad dressing

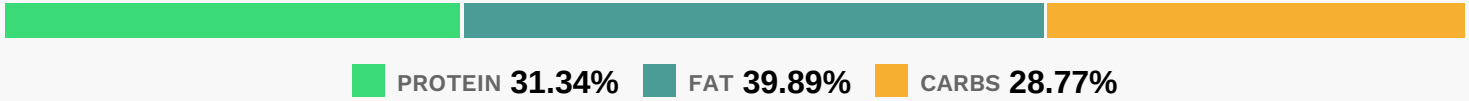
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425F. Spray 15x10x1-inch pan with nonstick cooking spray. Arrange turkey tenderloins, potatoes and artichoke hearts in sprayed pan.
- ☐ Brush with about half of the salad dressing.
- ☐ Bake at 425F. for 30 minutes.
- ☐ Remove pan from oven. Turn turkey over and stir vegetables.
- ☐ Add mushroom slices, tomatoes and onions to pan; brush turkey and vegetables with remaining salad dressing.
- ☐ Return to oven; bake an additional 15 to 20 minutes or until turkey is fork-tender and juices run clear. To serve, cut turkey crosswise into slices.
- ☐ Serve any pan juices with turkey and vegetables. If desired, season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:16.52, Inflammation Score:-6, Nutrition Score:13.105652088704%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 387.81kcal (19.39%), Fat: 17.68g (27.2%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 23.92g (8.7%), Sugar: 2.97g (3.3%), Cholesterol: 50.62mg (16.87%), Sodium: 116.32mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.51%), Vitamin K: 47.79µg (45.51%), Folate: 110.69µg (27.67%), Vitamin B6: 0.5mg (25.17%), Potassium: 800.98mg (22.89%), Manganese: 0.39mg (19.63%), Fiber: 4.77g (19.07%), Vitamin C: 15.22mg (18.45%), Vitamin B3: 2.89mg (14.47%), Phosphorus: 131.99mg (13.2%), Magnesium: 47.91mg (11.98%), Copper: 0.24mg (11.77%), Vitamin E: 1.66mg (11.04%), Vitamin B1: 0.16mg (10.49%), Vitamin B2:

0.17mg (9.71%), Iron: 1.53mg (8.51%), Vitamin A: 417.42IU (8.35%), Vitamin B5: 0.74mg (7.36%), Selenium: 5.07µg (7.25%), Zinc: 0.72mg (4.81%), Calcium: 34.92mg (3.49%)