



Grilled Pan-Asian Turkey Packs

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds turkey breast tenderloins (2 large)
- 0.8 pound asparagus cut into 1 1/2-inch pieces
- 2 medium carrots cut into julienne strips
- 1 cup picante sauce
- 0.3 cup peanut butter
- 2 tablespoons honey
- 2 tablespoons orange juice
- 1 tablespoon flour all-purpose

- 1 teaspoon soya sauce
- 0.5 teaspoon ginger grated

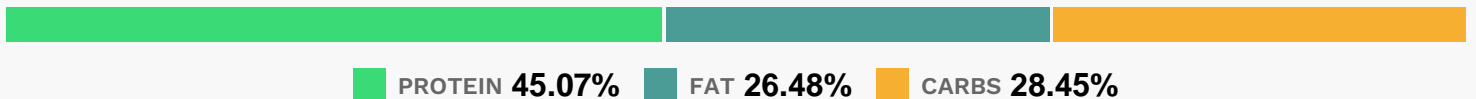
Equipment

- baking sheet
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat.
- Cut each turkey tenderloin crosswise into 3/4-inch slices.
- Place half the slices of each tenderloin on one side of each of 4 sheets of heavy-duty aluminum foil, 18x12 inches. Top each with equal amounts of
- asparagus and carrots.
- Mix remaining ingredients until well blended. Carefully pour one-fourth of sauce over each portion of turkey and vegetables. Fold other half of foil over turkey and vegetables so edges meet. Seal edges, making a tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Repeat folding to seal each side.
- Place foil packets on cookie sheet to carry to grill.
- Cover and grill packets 4 to 5 inches from medium-high heat 15 to 20 minutes or until turkey is no longer pink in center and vegetables are tender.
- Place foil packets on plates. To serve, cut a large X across top of packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:75.53, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:17.484782571378%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg, Isorhamnetin: 4.85mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg

Nutrients (% of daily need)

Calories: 340.17kcal (17.01%), Fat: 10.46g (16.1%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 20.6g (7.49%), Sugar: 16.58g (18.43%), Cholesterol: 63.28mg (21.09%), Sodium: 697.6mg (30.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.07g (80.13%), Vitamin A: 6067.3IU (121.35%), Vitamin K: 42.2µg (40.19%), Manganese: 0.52mg (25.91%), Vitamin E: 3.43mg (22.86%), Vitamin B3: 4.22mg (21.11%), Fiber: 4.69g (18.76%), Folate: 72.98µg (18.24%), Potassium: 556.73mg (15.91%), Vitamin B6: 0.32mg (15.78%), Copper: 0.3mg (14.86%), Iron: 2.65mg (14.72%), Vitamin C: 12.11mg (14.68%), Vitamin B1: 0.21mg (14%), Magnesium: 54.83mg (13.71%), Phosphorus: 136.29mg (13.63%), Vitamin B2: 0.21mg (12.2%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.66mg (6.56%), Calcium: 58.76mg (5.88%), Selenium: 3.97µg (5.68%)