



Grilled Plum-Glazed Turkey Tenderloins



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



221 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup plums



0.3 cup chicken broth dry (from 32-oz carton)



2 tablespoons vegetable oil



2 teaspoons rosemary leaves fresh chopped



1.5 teaspoons garlic salt



0.3 teaspoon pepper



0.5 cup onion finely chopped



2 lb turkey breast tenderloins (6 tenderloins)

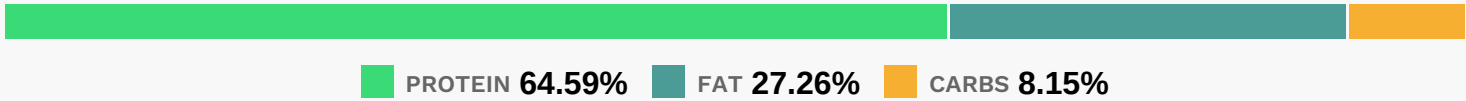
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In small bowl, mix all ingredients except turkey. In shallow glass dish, place turkey.
- ☐ Pour half of the plum mixture over turkey; turn turkey to coat. Cover dish; refrigerate 30 minutes, turning once. Reserve remaining half of plum mixture to serve with turkey.
- ☐ Heat gas or charcoal grill for indirect-heat cooking.
- ☐ Remove turkey from marinade; reserve marinade for basting.
- ☐ Place turkey on grill for indirect cooking. Cover grill; cook over medium-high heat 25 to 30 minutes, turning and brushing occasionally with reserved marinade, until juice of turkey is clear when center of thickest part is cut (170°F). Discard any remaining marinade.
- ☐ Heat reserved plum mixture.
- ☐ Serve with sliced turkey.

Nutrition Facts



Properties

Glycemic Index:16.28, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:1.5752174037144%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg, Epicatechin 3-gallate: 0.21mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

2.95mg, Quercetin: 2.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 220.89kcal (11.04%), Fat: 6.66g (10.25%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.34g (3.71%), Cholesterol: 67.69mg (22.56%), Sodium: 719.5mg (31.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.5g (71.01%), Vitamin K: 10.29µg (9.8%), Vitamin C: 3.61mg (4.37%), Vitamin E: 0.45mg (3%), Fiber: 0.64g (2.55%), Manganese: 0.05mg (2.42%), Vitamin A: 96.77IU (1.94%), Potassium: 65.85mg (1.88%), Vitamin B6: 0.02mg (1.22%), Copper: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.07%)