



Grilled Turkey Breast with Roasted Red Pepper

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon thyme leaves dried
- 1 tablespoon cilantro leaves fresh chopped
- 1 teaspoon garlic minced
- 1.5 tablespoons goat cheese crumbled
- 1 teaspoon juice of lime
- 1 tablespoon olives ripe sliced
- 3 tablespoons orange juice unsweetened

- 0.3 teaspoon pepper
- 1 medium size bell pepper sweet red
- 0.1 teaspoon salt
- 0.5 pound turkey breast cutlets
- 0.5 teaspoon vegetable oil

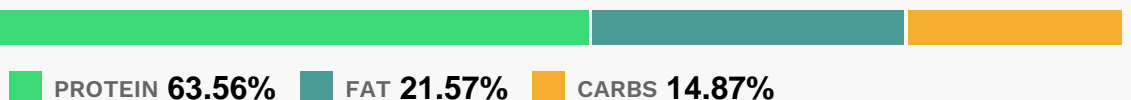
Equipment

- bowl
- grill
- ziploc bags

Directions

- Place turkey in a heavy-duty, zip-top plastic bag.
- Combine orange juice, garlic, pepper, and thyme; pour over turkey. Seal bag, and shake until turkey is well coated. Marinate in refrigerator 30 minutes, turning bag once.
- Cut pepper in half lengthwise; remove and discard seeds and membrane. Flatten pepper with palm of hand. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place pepper, skin side down, on rack; grill, covered, 15 to 20 minutes or until charred.
- Place pepper in ice water until cool.
- Remove from water; peel and discard skin. Slice pepper into thin strips.
- Combine pepper strips, cilantro, and next 4 ingredients in a small bowl, stirring well. Set aside.
- Remove turkey from marinade; discard marinade.
- Place turkey on grill rack; grill, covered, 1 minute on each side or until turkey is tender.
- Transfer turkey to a serving plate. Spoon red pepper mixture evenly over turkey.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:2.27, Inflammation Score:-9, Nutrition Score:10.385652197444%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 3.27mg, Hesperetin: 3.27mg, Hesperetin: 3.27mg, Hesperetin: 3.27mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 195.45kcal (9.77%), Fat: 4.71g (7.25%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.82g (5.35%), Cholesterol: 75.7mg (25.23%), Sodium: 301.66mg (13.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.49%), Vitamin C: 90.21mg (109.35%), Vitamin A: 2056.75IU (41.14%), Vitamin B6: 0.23mg (11.59%), Folate: 37.03µg (9.26%), Vitamin E: 1.23mg (8.22%), Manganese: 0.14mg (7.21%), Vitamin K: 7.4µg (7.04%), Fiber: 1.57g (6.26%), Vitamin B2: 0.1mg (5.97%), Copper: 0.11mg (5.63%), Potassium: 194.8mg (5.57%), Phosphorus: 50.11mg (5.01%), Iron: 0.84mg (4.68%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.76mg (3.81%), Magnesium: 13.26mg (3.32%), Vitamin B5: 0.33mg (3.26%), Calcium: 29.33mg (2.93%), Zinc: 0.29mg (1.92%)