



Grilled Turkey Tenderloin with Stuffing

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce
- ☐ 0.3 teaspoon pepper
- ☐ 3 turkey breast tenderloins
- ☐ 6 ounces bread stuffing mix (6-serving size)

Equipment

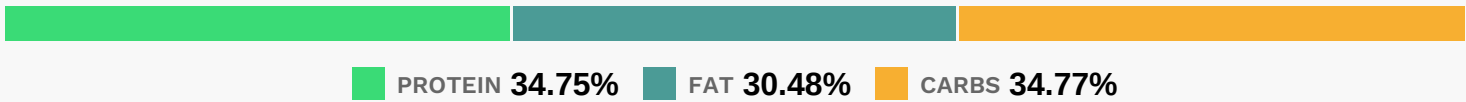
- ☐ frying pan

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Mix lemon juice, oil, Worcestershire sauce and pepper in shallow glass or plastic dish.
- ☐ Add turkey, turning to coat. Cover and refrigerate at least 1 hour but no longer than 24 hours.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill. Grease 9-inch square aluminum pan.
- ☐ Remove turkey from marinade; reserve marinade. Cover and grill turkey 4 to 5 inches from medium heat 15 minutes. While turkey is grilling, stir stuffing mix with amount of water called for on package. Spoon stuffing into aluminum pan; cover with aluminum foil.
- ☐ Add stuffing to grill rack.
- ☐ Brush turkey with marinade and turn. Cover and grill 10 to 15 minutes longer or until juice is no longer pink when center of thickest piece of turkey is cut. Discard any remaining marinade.
- ☐ Remove stuffing and turkey
- ☐ from grill; let stand 10 minutes.
- ☐ Cut 1 1/2 turkey tenderloins into 1/2-inch slices; serve with stuffing. Refrigerate remaining turkey to use for Easy Turkey Fajitas.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:8.072608611182%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 397.86kcal (19.89%), Fat: 13.38g (20.59%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 34.35g (11.45%), Net Carbohydrates: 32.91g (11.97%), Sugar: 4.33g (4.81%), Cholesterol: 57.34mg (19.11%), Sodium: 738.27mg (32.1%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.67%), Selenium: 20.45µg (29.22%), Folate: 74.85µg (18.71%), Vitamin K: 19.47µg (18.55%), Vitamin B1: 0.26mg (17.35%), Manganese: 0.27mg (13.52%), Vitamin B3: 2.5mg (12.49%), Vitamin B2: 0.18mg (10.58%), Iron: 1.87mg (10.4%), Vitamin C: 6.45mg (7.82%), Vitamin E: 1.02mg (6.82%), Phosphorus: 63.93mg (6.39%), Fiber: 1.44g (5.75%), Copper: 0.11mg (5.69%), Calcium: 47.26mg (4.73%), Magnesium: 18.69mg (4.67%), Potassium: 155.98mg (4.46%), Vitamin B6: 0.07mg (3.6%), Zinc: 0.41mg (2.75%), Vitamin B5: 0.19mg (1.91%)