



Grilled Turkey Tenderloins With Mango-Papaya Salsa

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.3 cup juice of lime fresh
- 1 tablespoon olive oil
- 4 servings mango-papaya salsa
- 0.5 teaspoon salt
- 1 pound turkey tenderloins

Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Prepare Mango-Papaya Salsa; set aside.
- Combine lime juice and next 5 ingredients in a large heavy-duty, zip-top plastic bag; seal bag, and marinate in refrigerator 30 minutes.
- Remove turkey from bag, reserving marinade.
- Place marinade in a saucepan. Bring to a boil; remove from heat. Coat grill rack with cooking spray; place turkey on rack over medium-hot coals (350 to 400). Grill, covered, 10 minutes on each side or until turkey is done, turning and basting frequently with reserved marinade.
- Cut turkey diagonally across grain into thin (1/4-inch-thick) slices.
- Serve turkey with Mango-Papaya Salsa.

Nutrition Facts

PROTEIN 64.04% **FAT 27.49%** **CARBS 8.47%**

Properties

Glycemic Index:9.25, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:1.9760869754397%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 166.36kcal (8.32%), Fat: 5.13g (7.89%), Saturated Fat: 1g (6.22%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.87g (1.04%), Sugar: 1.49g (1.66%), Cholesterol: 50.62mg (16.87%), Sodium: 577.16mg (25.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.88g (53.76%), Vitamin E: 0.97mg (6.46%), Vitamin C: 5.25mg (6.36%), Vitamin A: 214.76IU (4.3%), Vitamin K: 3.65µg (3.48%), Vitamin B6: 0.07mg (3.28%), Potassium: 105.1mg (3%), Fiber: 0.68g (2.73%), Manganese: 0.05mg (2.31%), Vitamin B3: 0.4mg (1.98%), Magnesium: 6.66mg (1.67%),

Iron: 0.26mg (1.46%), Phosphorus: 13.35mg (1.33%), Copper: 0.03mg (1.33%), Calcium: 12.64mg (1.26%), Vitamin B1: 0.02mg (1.08%)