



Grilled Turkey with Ancho-Cashew Mole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cashew pieces
- ☐ 0.1 teaspoon ground cumin
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup cream sour
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 1.5 pound turkey breast tenderloins

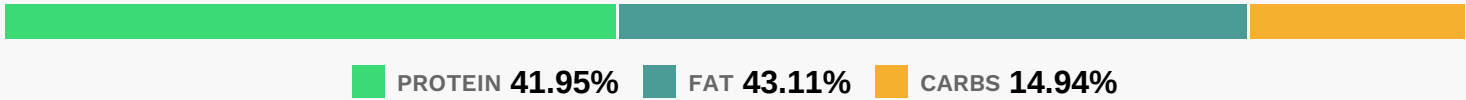
Equipment

☐ grill

Directions

- ☐ Combine the first 4 ingredients in a shallow dish; cover and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Remove turkey from marinade; discard marinade.
- ☐ Sprinkle salt over turkey; set aside.
- ☐ Prepare grill.
- ☐ Place turkey on grill rack coated with cooking spray, and grill 10 minutes on each side or until turkey is done.
- ☐ Cut turkey into 1/4-inch-thick slices.
- ☐ Serve with Ancho-Cashew Mole Sauce and sour cream.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:10.37, Glycemic Load:2.04, Inflammation Score:-4, Nutrition Score:8.1039129793644%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 297.27kcal (14.86%), Fat: 14.68g (22.59%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.4g (3.78%), Sugar: 1.98g (2.2%), Cholesterol: 51.48mg (17.16%), Sodium: 190.22mg (8.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.27%), Copper: 0.66mg (33.19%), Manganese: 0.51mg (25.26%), Magnesium: 89.59mg (22.4%), Phosphorus: 188.69mg (18.87%), Zinc: 1.79mg (11.95%), Iron: 2.05mg (11.36%), Vitamin K: 10.36µg (9.87%), Selenium: 6.49µg (9.27%), Vitamin B1: 0.13mg (8.9%), Vitamin B6: 0.13mg (6.56%), Potassium: 223.48mg (6.39%), Fiber: 1.05g (4.18%), Vitamin C: 3.18mg (3.85%), Vitamin B5: 0.27mg (2.72%), Calcium: 25.12mg (2.51%), Folate: 9.57µg (2.39%), Vitamin B2: 0.03mg (1.97%), Vitamin E: 0.29mg (1.96%), Vitamin B3: 0.34mg (1.71%)