



Honey-Mustard Turkey with Snap Peas

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb deli- turkey uncooked
- 0.5 cup honey dijon mustard
- 1 cup baby carrots
- 2 cups sugar snap peas frozen

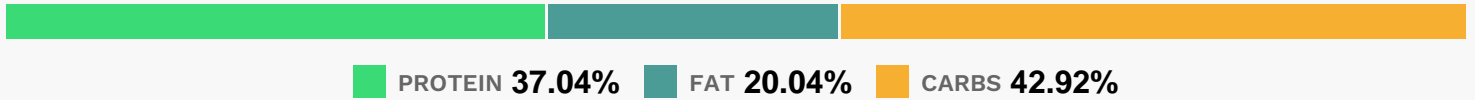
Equipment

- frying pan

Directions

- Place turkey in shallow glass or plastic dish.
- Pour marinade over turkey; turn slices to coat evenly. Cover dish and let stand 10 minutes at room temperature.
- Spray 10-inch skillet with cooking spray; heat over medium heat.
- Drain most of marinade from turkey. Cook turkey in skillet about 5 minutes, turning once, until brown.
- Add carrots, lifting turkey to place carrots on bottom of skillet. Top turkey with snap peas. Cover and simmer about 7 minutes or until carrots are tender and turkey is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:17.221304499585%

Nutrients (% of daily need)

Calories: 214.23kcal (10.71%), Fat: 4.41g (6.79%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 19.08g (6.94%), Sugar: 10.74g (11.93%), Cholesterol: 55.57mg (18.52%), Sodium: 1200.86mg (52.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Vitamin A: 4945.43IU (98.91%), Vitamin B3: 8.58mg (42.9%), Vitamin C: 30.23mg (36.64%), Phosphorus: 317.29mg (31.73%), Vitamin B6: 0.58mg (28.85%), Selenium: 15.37µg (21.96%), Potassium: 594.55mg (16.99%), Vitamin K: 15.26µg (14.53%), Vitamin B2: 0.22mg (12.66%), Iron: 1.78mg (9.89%), Manganese: 0.18mg (9.13%), Magnesium: 36.51mg (9.13%), Fiber: 2.2g (8.81%), Folate: 33.76µg (8.44%), Vitamin B1: 0.13mg (8.41%), Vitamin B5: 0.84mg (8.38%), Zinc: 1.25mg (8.35%), Vitamin B12: 0.42µg (6.99%), Copper: 0.1mg (4.9%), Calcium: 47.19mg (4.72%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.23µg (1.51%)