



Maple-Plum Glazed Turkey Tenderloins



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 1 teaspoon mustard dry
- ☐ 2 cups plum jam red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 1 cup maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 32 ounce turkey tenderloins

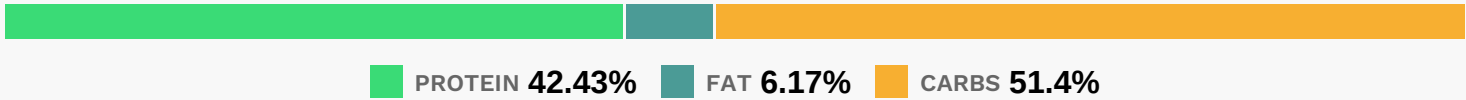
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler pan

Directions

- ☐ Bring first 6 ingredients to a boil in a large saucepan over medium-high heat; reduce heat to medium-low, and cook, stirring often, 25 minutes or until thickened and bubbly.
- ☐ Remove from heat, and cool completely. Reserve 1 1/2 cups sauce; cover and chill. Set aside remaining sauce for basting.
- ☐ Place tenderloins on a rack in a broiler pan coated with cooking spray; sprinkle evenly with salt. Baste with 3/4 cup maple-plum sauce.
- ☐ Bake at 425 for 25 to 30 minutes or until done, basting often with remaining 3/4 cup maple-plum sauce.
- ☐ Remove turkey from baking dish; cool. Wrap in plastic wrap and then aluminum foil, and chill 8 hours.
- ☐ Serve turkey at room temperature. Cook reserved 1 1/2 cups maple-plum sauce until thoroughly heated; serve with turkey.

Nutrition Facts



Properties

Glycemic Index:11.52, Glycemic Load:9.22, Inflammation Score:-1, Nutrition Score:4.227391274079%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg

Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3–gallate:
0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg, Epicatechin 3–gallate: 0.25mg
Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg,
Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg
Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg,
Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin:
0.31mg, Quercetin: 0.31mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin:
0.03mg

Nutrients (% of daily need)

Calories: 202.53kcal (10.13%), Fat: 1.38g (2.12%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 25.87g (8.62%), Net
Carbohydrates: 25.31g (9.21%), Sugar: 22.71g (25.23%), Cholesterol: 40.5mg (13.5%), Sodium: 180.31mg (7.84%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.36g (42.72%), Manganese: 0.78mg (38.91%), Vitamin B2:
0.42mg (24.65%), Vitamin C: 5.08mg (6.16%), Calcium: 39.08mg (3.91%), Potassium: 134.17mg (3.83%), Magnesium:
10.38mg (2.6%), Vitamin A: 114.39IU (2.29%), Fiber: 0.56g (2.24%), Vitamin B1: 0.03mg (2.21%), Vitamin K: 2.12µg
(2.02%), Zinc: 0.28mg (1.84%), Copper: 0.02mg (1.08%)