



Mediterranean Turkey Cutlets and Pasta

READY IN



26 min.

SERVINGS



4

CALORIES



932 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3.8 oz olives black pitted drained sliced canned
- 14.5 oz balsamic vinegar diced with balsamic vinegar, basil, and olive oil, undrained canned
- 0.5 cup feta cheese crumbled
- 16 oz fettuccine barilla
- 0.3 cup flour all-purpose
- 5 tablespoons olive oil divided
- 4 servings parsley fresh chopped
- 0.5 cup onion red chopped
- 1 teaspoon penzey's southwest seasoning divided

- 1 pound turkey breast cutlets

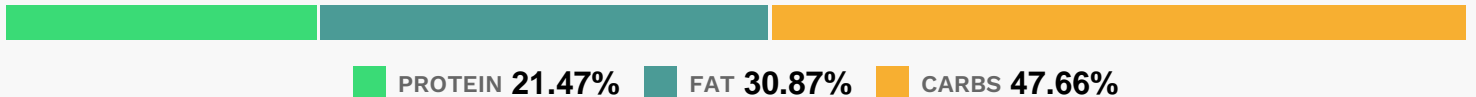
Equipment

- bowl
- frying pan

Directions

- Prepare pasta according to package directions.
- Meanwhile, sprinkle cutlets with 3/4 tsp. Greek seasoning. Dredge in flour.
- Cook half of cutlets in 1 1/2 Tbsp. hot oil in a large nonstick skillet over medium-high heat 3 minutes on each side or until done. Repeat procedure with remaining cutlets and 1 1/2 Tbsp. oil.
- Remove from skillet, reserving drippings in skillet.
- Heat remaining 2 Tbsp. oil in skillet with drippings; add onion and remaining 1/4 tsp. Greek seasoning, and saut over medium heat 2 to 3 minutes or until tender. Stir in tomatoes and olives, and cook 1 minute or until thoroughly heated.
- Remove from heat, and toss in hot cooked pasta until blended.
- Transfer pasta mixture to a large serving bowl, and sprinkle with half of feta cheese. Top with cutlets and remaining feta cheese.
- Garnish, if desired.
- Serve immediately.
- *Dried Italian seasoning may be substituted.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:47.64, Inflammation Score:-7, Nutrition Score:25.895652294159%

Flavonoids

Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg, Apigenin: 8.64mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 931.8kcal (46.59%), Fat: 31.38g (48.27%), Saturated Fat: 6.84g (42.74%), Carbohydrates: 109.01g (36.34%), Net Carbohydrates: 103.18g (37.52%), Sugar: 18.59g (20.66%), Cholesterol: 182.82mg (60.94%), Sodium: 737.36mg (32.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.11g (98.21%), Selenium: 95.22µg (136.03%), Vitamin K: 85.18µg (81.12%), Manganese: 1.26mg (62.82%), Phosphorus: 375.46mg (37.55%), Vitamin E: 4.26mg (28.42%), Iron: 4.53mg (25.19%), Magnesium: 93.67mg (23.42%), Fiber: 5.84g (23.35%), Copper: 0.43mg (21.73%), Calcium: 205.02mg (20.5%), Vitamin B1: 0.3mg (20.23%), Zinc: 2.97mg (19.83%), Vitamin B6: 0.38mg (18.83%), Vitamin B2: 0.32mg (18.62%), Folate: 66.79µg (16.7%), Vitamin B3: 3.22mg (16.13%), Potassium: 490.15mg (14%), Vitamin B5: 1.31mg (13.08%), Vitamin A: 613.59IU (12.27%), Vitamin B12: 0.65µg (10.76%), Vitamin C: 6.83mg (8.28%), Vitamin D: 0.42µg (2.77%)