



Mediterranean Turkey With Swiss Chard Over Polenta

 Gluten Free  Dairy Free

READY IN



37 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup currants
- 2 garlic cloves divided minced
- 4 tablespoons juice of lemon fresh
- 1 cup chicken broth low-sodium divided
- 1 onion chopped
- 3 teaspoons vegetable oil; peanut oil preferred divided
- 1 tablespoon pinenuts toasted

- 8 ounce polenta cut into 12 slices
- 0.5 pound swiss chard finely chopped
- 0.8 pound turkey cutlets cut into 1/4-inch-thick strips

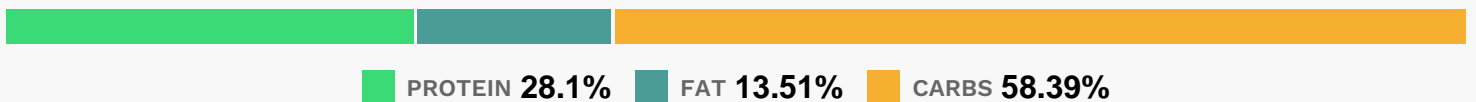
Equipment

- frying pan
- wok
- slotted spoon

Directions

- Heat wok or large skillet over medium heat.
- Add 1 1/2 teaspoons oil; cook polenta, turning halfway through, 3 minutes.
- Transfer to platter; cover.
- Add remaining 1 1/2 teaspoons oil to wok; cook turkey 3 minutes.
- Add lemon juice, 1/2 cup broth, 1 garlic clove, and currants. Cook, stirring, 1 minute more or until turkey is cooked through.
- Transfer to platter with slotted spoon, reserving liquid in wok; cover.
- Add Swiss chard and onion to wok; cook, stirring, 3 minutes or until tender.
- Add remaining 1/2 cup broth and garlic; cook, stirring, 2 minutes more.
- Spoon the chard mixture onto a platter; top with pine nuts.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:3.27, Inflammation Score:-10, Nutrition Score:17.630000031513%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg, Kaempferol: 3.47mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 416.25kcal (20.81%), Fat: 6.34g (9.75%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 61.63g (20.54%), Net Carbohydrates: 58.65g (21.33%), Sugar: 10.19g (11.32%), Cholesterol: 53.16mg (17.72%), Sodium: 184.87mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.31%), Vitamin K: 472.67µg (450.16%), Vitamin A: 3600.12IU (72%), Vitamin C: 25.9mg (31.4%), Manganese: 0.61mg (30.32%), Magnesium: 76.44mg (19.11%), Selenium: 10.62µg (15.17%), Potassium: 513.09mg (14.66%), Copper: 0.26mg (13.02%), Iron: 2.31mg (12.82%), Phosphorus: 122.9mg (12.29%), Vitamin E: 1.82mg (12.12%), Vitamin B6: 0.24mg (12.09%), Fiber: 2.98g (11.92%), Vitamin B3: 2.08mg (10.38%), Vitamin B1: 0.14mg (9.6%), Vitamin B2: 0.13mg (7.38%), Calcium: 53.31mg (5.33%), Folate: 21.09µg (5.27%), Zinc: 0.77mg (5.15%), Vitamin B5: 0.45mg (4.48%)