



## Orange-Glazed Turkey with Cranberry Rice



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



627 kcal

### Ingredients

- ☐ 3 ounce cranberries dried
- ☐ 14.3 ounce chicken broth fat-free reduced-sodium canned
- ☐ 2 cups rice instant uncooked
- ☐ 0.5 cup low-sugar orange marmalade
- ☐ 1 pound turkey cutlets

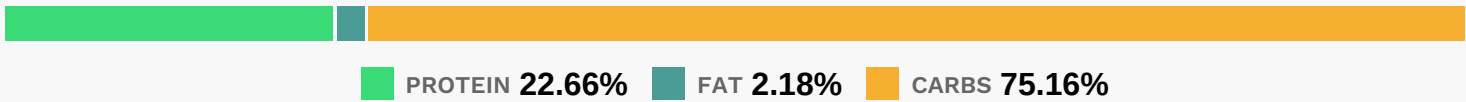
### Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ Combine broth and cranberries in a medium saucepan; bring to a boil. Stir in rice; remove from heat, cover, and let stand 5 minutes.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add turkey, and cook 2 minutes. Turn and cook over high heat 2 minutes or until browned.
- ☐ Spoon marmalade over turkey; cook, uncovered, over medium heat 2 additional minutes or until thoroughly heated.
- ☐ Fluff rice mixture with a fork; spoon evenly onto 4 plates, and top each serving with 2 cutlets.

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:44.51, Inflammation Score:-1, Nutrition Score:8.6608694999114%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 626.89kcal (31.34%), Fat: 1.52g (2.34%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 118.22g (39.41%), Net Carbohydrates: 115.61g (42.04%), Sugar: 39.7g (44.11%), Cholesterol: 70.87mg (23.62%), Sodium: 493.32mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.29%), Manganese: 1.08mg (54.09%), Selenium: 16.56µg (23.65%), Copper: 0.27mg (13.6%), Phosphorus: 120.79mg (12.08%), Vitamin B5: 1.11mg (11.11%), Vitamin B3: 2.18mg (10.9%), Fiber: 2.61g (10.44%), Vitamin B6: 0.18mg (9.08%), Zinc: 1.07mg (7.1%), Iron: 1.21mg (6.7%), Magnesium: 25.79mg (6.45%), Vitamin B1: 0.08mg (5.11%), Vitamin B2: 0.08mg (4.85%), Calcium: 47.05mg (4.71%), Potassium: 161.89mg (4.63%), Vitamin E: 0.57mg (3.82%), Vitamin B12: 0.2µg (3.37%), Folate: 12.01µg (3%), Vitamin C: 1.96mg (2.38%), Vitamin K: 1.71µg (1.63%)