



Parmesan Turkey Cutlets

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup italian-seasoned breadcrumbs
- ☐ 6 servings lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.7 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 1.5 pounds turkey tenderloins

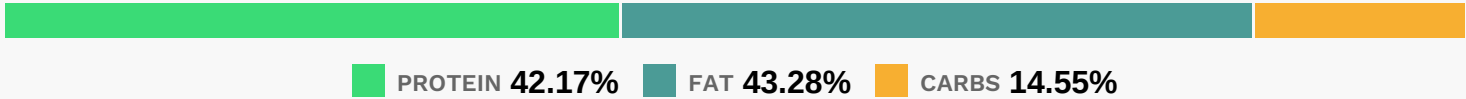
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Combine first 4 ingredients; set aside.
- ☐ Cut tenderloins into 1-inch-thick slices.
- ☐ Place between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Coat both sides of turkey with cooking spray; dredge in breadcrumb mixture.
- ☐ Cook half of turkey slices in 2 tablespoons hot olive oil in a large nonstick skillet over medium-high heat 1 minute on each side or until done. Repeat procedure with remaining turkey and hot oil.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:5.1547826424889%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 300.55kcal (15.03%), Fat: 14.4g (22.16%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 10.05g (3.65%), Sugar: 0.83g (0.93%), Cholesterol: 60.42mg (20.14%), Sodium: 448.97mg (19.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.57g (63.14%), Calcium: 124.34mg (12.43%), Vitamin K: 12.28µg (11.7%), Selenium: 7.22µg (10.31%), Vitamin E: 1.49mg (9.92%), Phosphorus: 95.51mg (9.55%), Vitamin B1:

0.13mg (8.85%), Manganese: 0.17mg (8.37%), Vitamin B2: 0.1mg (5.78%), Vitamin A: 287.16IU (5.74%), Iron: 0.85mg (4.72%), Zinc: 0.69mg (4.59%), Vitamin B3: 0.87mg (4.33%), Folate: 16.83µg (4.21%), Fiber: 0.84g (3.36%), Vitamin B12: 0.2µg (3.28%), Magnesium: 10.98mg (2.75%), Copper: 0.04mg (2.1%), Vitamin B6: 0.04mg (2.01%), Potassium: 62.53mg (1.79%), Vitamin B5: 0.13mg (1.32%), Vitamin C: 0.89mg (1.08%)