



Peppery Turkey Scaloppini

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion chopped
- ☐ 3 tablespoons red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 24 ounce turkey breast cutlets
- ☐ 5 tablespoons butter unsalted

Equipment

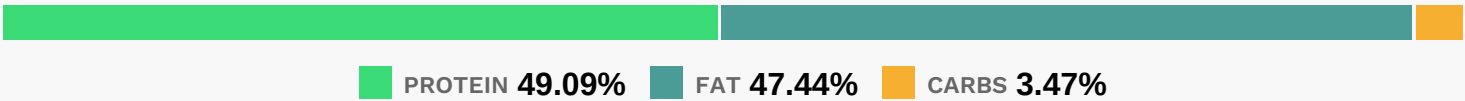
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ pepper grinder

Directions

- ☐ Heat the olive oil and 2 tablespoons of the butter in a large skillet over medium heat.
- ☐ Add the onion and cook, stirring occasionally, for 3 to 5 minutes, or until softened. Push the onion to the side of the pan and add 1 more tablespoon of the butter.
- ☐ Season the turkey with the salt and 1/2 teaspoon of the pepper and add to the pan. Turn the heat up to medium-high and cook the turkey until browned on both sides, about 4 minutes total.
- ☐ Transfer the turkey to a platter and cover loosely with aluminum foil.
- ☐ Add the chicken broth, vinegar, and the remaining 1/2 teaspoon pepper to the pan with the onion. Turn the heat up to high and simmer until the liquid is reduced by half, 5 to 7 minutes. Reduce the heat to medium and whisk in the remaining 2 tablespoons butter, 1 tablespoon at a time. Return the turkey, along with any accumulated juices, to the skillet and cook, turning occasionally, until cooked through, about 1 minute.
- ☐ a bit more, y'all
- ☐ If you can adjust your pepper mill, the more coarsely ground the pepper, the better for this sauce.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From The Deen Bros. Take It Easy by Jamie Deen, Bobby Deen and Melissa Clark Copyright (c) 2009 by Jamie Deen, Bobby Deen and Melissa Clark Published by Ballantine Books. Jamie and Bobby Deen grew up in Georgia—first in Albany and then in Savannah—and, like many Southerners, they have always considered cooking and food a big part of their lives. When their mother, Paula Deen, started a sandwich delivery business in 1989, the boys took charge of deliveries. As the business grew into The Lady restaurant, they continued to help. Then, in 1996, the trio opened The Lady & Sons Restaurant to resounding success. They haven't looked back since. They regularly appear on ABC's Good Morning America and had their own

Food Network show, Road Tasted.Melissa Clark has written for The New York Times, Food & Wine, Travel & Leisure, and Real Simple and has collaborated on twenty-one books.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:2.2226086854935%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 354.57kcal (17.73%), Fat: 18.57g (28.56%), Saturated Fat: 9.49g (59.34%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.31g (1.45%), Cholesterol: 144.52mg (48.17%), Sodium: 772.69mg (33.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.22g (86.44%), Vitamin A: 441.2IU (8.82%), Vitamin E: 0.93mg (6.22%), Manganese: 0.12mg (6.01%), Vitamin K: 4.26µg (4.06%), Iron: 0.48mg (2.65%), Vitamin C: 2.09mg (2.53%), Fiber: 0.59g (2.38%), Vitamin B2: 0.03mg (1.86%), Vitamin D: 0.26µg (1.75%), Vitamin B6: 0.04mg (1.75%), Potassium: 60.83mg (1.74%), Phosphorus: 15.04mg (1.5%), Calcium: 14.98mg (1.5%), Folate: 5.84µg (1.46%), Vitamin B1: 0.02mg (1.35%), Copper: 0.03mg (1.31%), Magnesium: 4.71mg (1.18%)