



WHATSheATE



Plum-Glazed Turkey Tenderloins



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup chicken broth dry
- ☐ 1.5 teaspoons garlic salt
- ☐ 1 cup jam or any fruit jam
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 pounds turkey breast tenderloins (3 tenderloins)

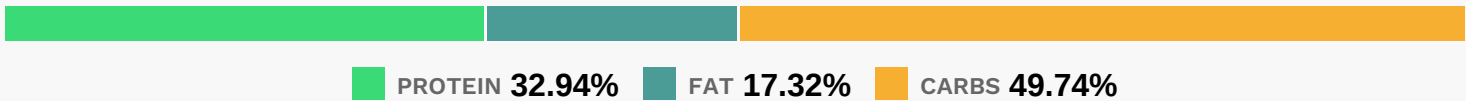
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mix all ingredients except turkey in medium bowl.
- ☐ Place turkey in shallow glass or plastic dish or heavy-duty resealable plastic food-storage bag.
- ☐ Pour half of the plum mixture over turkey; turn turkey to coat. Reserve remaining half of plum mixture. Cover dish or seal bag and refrigerate 30 minutes, turning once.
- ☐ If using charcoal grill, place drip pan directly under grilling area, and arrange coals around edge of firebox.
- ☐ Heat coals or gas grill for indirect heat.
- ☐ Remove turkey from marinade; reserve marinade for basting. Cover and grill turkey over drip pan or over unheated side of gas grill and 4 to 6 inches from medium-high heat 25 to 30 minutes, turning and brushing with reserved basting marinade occasionally, until juice of turkey is no longer pink when centers of thickest pieces are cut. Discard any remaining basting marinade.
- ☐ Heat reserved plum mixture.
- ☐ Serve with sliced turkey.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:21.42, Inflammation Score:-1, Nutrition Score:1.9347825731434%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 326.41kcal (16.32%), Fat: 6.25g (9.62%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 39.51g (14.37%), Sugar: 28.09g (31.21%), Cholesterol: 50.82mg (16.94%), Sodium: 712.31mg (30.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.49%), Vitamin C: 5.97mg (7.24%), Vitamin E: 0.89mg (5.95%), Fiber: 0.87g (3.48%), Vitamin K: 3.52µg (3.35%), Copper: 0.06mg (3.24%), Vitamin B2: 0.05mg (3.09%), Manganese: 0.06mg (2.82%), Folate: 8.78µg (2.2%), Potassium: 66.09mg (1.89%), Iron: 0.33mg (1.81%), Selenium: 1.24µg (1.78%), Calcium: 15.52mg (1.55%), Phosphorus: 15.16mg (1.52%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.16%)