



## Raspberry-Turkey Salad

 Gluten Free

READY IN



39 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon butter
- 0.5 cup chicken broth
- 0.5 teaspoon garlic powder
- 0.5 cup mango chutney hot
- 7 oz salad greens mixed washed
- 1 tablespoon olive oil
- 0.5 teaspoon onion powder
- 0.5 cup raspberry preserves seedless

- 0.5 teaspoon lawry's seasoned salt
- 1 pound turkey breast cutlets
- 0.5 cup white wine

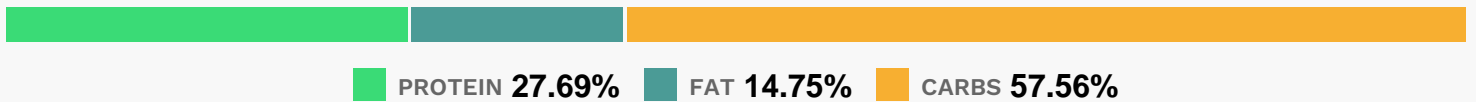
## Equipment

- bowl
- frying pan

## Directions

- Stir together first 3 ingredients; rub evenly over turkey cutlets.
- Melt butter with oil in a large skillet over medium-high heat; add cutlets, and cook 3 to 4 minutes on each side or until lightly browned.
- Remove from skillet, and keep warm.
- Stir raspberry preserves and next 3 ingredients into skillet over medium-high heat, stirring until preserves melt and to loosen particles from bottom of skillet. Cook, stirring occasionally, 14 to 16 minutes or until mixture is reduced by half.
- Toss salad greens with 1/4 to 1/3 cup warm preserves mixture in a large salad bowl just until greens are thoroughly warmed and lightly coated with preserve mixture. Arrange on salad plates, and top with turkey cutlets.
- \*1/4 cup chicken broth and 1/4 cup fruit juice (such as white grape, orange, or apple) may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:45, Glycemic Load:31.83, Inflammation Score:-5, Nutrition Score:4.8504347833602%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg,

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 450.07kcal (22.5%), Fat: 7.01g (10.78%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 61.54g (20.51%), Net Carbohydrates: 60.54g (22.01%), Sugar: 41.67g (46.3%), Cholesterol: 78.99mg (26.33%), Sodium: 516.41mg (22.45%), Alcohol: 3.09g (100%), Alcohol %: 1.24% (100%), Protein: 29.61g (59.22%), Vitamin C: 19.05mg (23.09%), Vitamin A: 651.64IU (13.03%), Manganese: 0.16mg (8.16%), Folate: 28.45µg (7.11%), Vitamin B2: 0.11mg (6.66%), Copper: 0.12mg (5.96%), Iron: 1.07mg (5.92%), Potassium: 185.24mg (5.29%), Vitamin E: 0.7mg (4.68%), Phosphorus: 45.27mg (4.53%), Fiber: 1.01g (4.03%), Vitamin B6: 0.08mg (3.99%), Magnesium: 12.8mg (3.2%), Selenium: 2.21µg (3.15%), Calcium: 29.64mg (2.96%), Vitamin B1: 0.04mg (2.61%), Vitamin K: 2.48µg (2.37%), Vitamin B3: 0.41mg (2.03%), Zinc: 0.24mg (1.58%), Vitamin B5: 0.1mg (1.01%)