



Roasted Red Chili and Strawberry Turkey Cutlets



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon canola oil pure crisco®
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 12 ounce regular corn frozen with red and green peppers
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup smucker's® orchard's pacific mountain strawberry preserves
- ☐ 3 tablespoons thai roasted chili paste red
- ☐ 1.3 pounds turkey breast cutlets

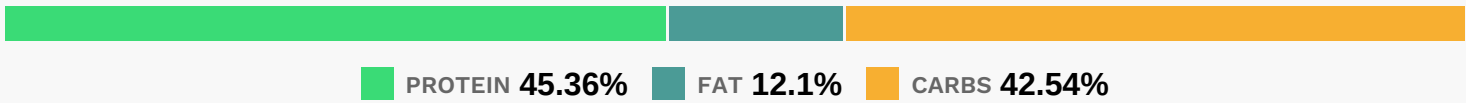
Equipment

☐ frying pan

Directions

- ☐ Heat oil in large skillet on medium-high heat. Season turkey with salt and pepper.
- ☐ Place in skillet. Cook until golden brown on both sides.
- ☐ Remove from skillet; keep warm.
- ☐ Drain any excess oil from skillet.
- ☐ Combine strawberry preserves, chili paste and corn in skillet. Cook and stir over medium heat until sauce is warm and bubbly.
- ☐ Remove from heat. Stir in cilantro.
- ☐ Place two-thirds of corn mixture onto center of serving platter. Top with turkey. Spoon remaining corn down center of turkey.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:16.1, Inflammation Score:-6, Nutrition Score:8.5639130965523%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg, Luteolin: 4.43mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 322.23kcal (16.11%), Fat: 4.33g (6.67%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 32.2g (11.71%), Sugar: 23.22g (25.8%), Cholesterol: 88.59mg (29.53%), Sodium: 275.97mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Vitamin C: 99.04mg (120.05%), Vitamin B6: 0.23mg (11.5%), Vitamin K: 10.69µg (10.18%), Vitamin A: 452.18IU (9.04%), Fiber: 2.08g (8.33%), Manganese: 0.15mg (7.4%), Vitamin E: 1.06mg (7.05%), Potassium: 219.83mg (6.28%), Copper: 0.12mg (5.92%), Iron: 0.86mg (4.78%), Vitamin B1: 0.07mg (4.36%), Folate: 15.79µg (3.95%), Vitamin B2: 0.07mg (3.9%), Magnesium: 13.01mg (3.25%),

Phosphorus: 30.23mg (3.02%), Vitamin B3: 0.53mg (2.65%), Calcium: 19.19mg (1.92%), Selenium: 0.91µg (1.3%),
Zinc: 0.17mg (1.14%)