



Roasted Turkey Tenderloin with New Potatoes and Tarragon Broth



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 2 pounds baby potatoes red quartered cut into 2-inch pieces)
- ☐ 1 cup cooking wine dry white
- ☐ 2 tablespoons tarragon leaves fresh chopped
- ☐ 4 servings salt and ground pepper black
- ☐ 1 cup chicken broth reduced-sodium
- ☐ 4 tablespoons mango chutney store bought

- ☐ 1 tablespoon olive oil
- ☐ 2 shallots chopped
- ☐ 3 pound turkey tenderloins

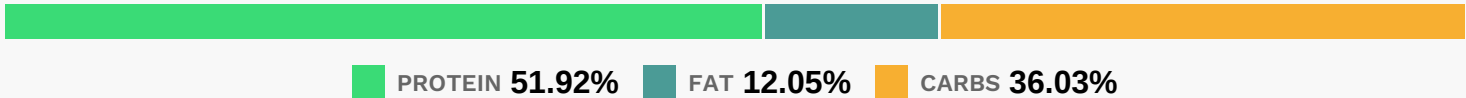
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Place oil in a large baking dish. Season turkey tenderloins all over with salt and black pepper and place in baking dish. Arrange potatoes all around turkey and turn to coat with oil. Season potatoes with salt and black pepper. Arrange shallots over potatoes in pan.
- ☐ In a small bowl, combine wine, broth, vinegar, and tarragon.
- ☐ Pour mixture over turkey.
- ☐ Roast turkey and potatoes 40 minutes, until an instant-read thermometer registers at least 160 degrees F.
- ☐ Let turkey rest 10 minutes before slicing crosswise into 1/2-inch thick slices.
- ☐ Serve half of the turkey and potatoes with this meal, with all of the broth from the pan over top.
- ☐ Serve spinach on the side. Reserve remaining turkey and potatoes for additional meals.

Nutrition Facts



Properties

Glycemic Index:81.44, Glycemic Load:38.3, Inflammation Score:-6, Nutrition Score:15.855217197667%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 705.45kcal (35.27%), Fat: 8.87g (13.64%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 53.77g (19.55%), Sugar: 13.14g (14.6%), Cholesterol: 151.86mg (50.62%), Sodium: 272.64mg (11.85%), Alcohol: 6.18g (100%), Alcohol %: 1.07% (100%), Protein: 85.96g (171.91%), Vitamin C: 49.19mg (59.62%), Vitamin B6: 0.84mg (41.84%), Manganese: 0.77mg (38.6%), Potassium: 1217.84mg (34.8%), Fiber: 5.89g (23.58%), Iron: 3.48mg (19.32%), Magnesium: 74.87mg (18.72%), Phosphorus: 180.79mg (18.08%), Vitamin B3: 3.61mg (18.05%), Copper: 0.33mg (16.7%), Vitamin B1: 0.2mg (13.6%), Folate: 52.94µg (13.24%), Vitamin B2: 0.16mg (9.65%), Calcium: 84.47mg (8.45%), Vitamin B5: 0.74mg (7.4%), Zinc: 0.99mg (6.61%), Vitamin K: 6.92µg (6.59%), Vitamin E: 0.56mg (3.71%), Vitamin A: 152.58IU (3.05%), Selenium: 1.46µg (2.08%)