

Rosemary Turkey Tenderloins

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons chicken broth dry low-sodium
- 1 teaspoon cornstarch
- 1 large garlic clove minced
- 0.3 teaspoon coarsely ground pepper black
- 1 tablespoon olive oil
- 4 servings try build-a-meal
- 0.3 teaspoon salt
- 1.5 pound turkey tenderloins

2 tablespoons water

Equipment

frying pan

Directions

- Combine first 5 ingredients, stirring well. Rub mixture evenly over both sides of turkey.
- Place turkey in a nonstick skillet coated with cooking spray. Cook over medium-high heat 7 to 8 minutes on each side or until done.
- Cut turkey diagonally across grain into thin slices. Arrange slices on a serving platter; keep warm.
- Combine vermouth (or broth), water, and cornstarch, stirring well; add to pan. Bring to a boil; reduce heat, and simmer 1 minute or until thickened, stirring constantly.
- Spoon sauce evenly over turkey, and garnish with rosemary sprigs, if desired. carbo rating: 1

Nutrition Facts

 **PROTEIN 72.94%** **FAT 24.12%** **CARBS 2.94%**

Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:1, Nutrition Score:0.90913043689469%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 221.56kcal (11.08%), Fat: 5.86g (9.02%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.03g (0.04%), Cholesterol: 75.93mg (25.31%), Sodium: 263.27mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.91g (79.81%), Manganese: 0.1mg (4.81%), Vitamin E: 0.52mg (3.47%), Vitamin K: 2.38µg (2.27%), Phosphorus: 11.1mg (1.11%), Fiber: 0.28g (1.11%), Vitamin B3: 0.22mg (1.08%)