



Sautéed Turkey Cutlets with Asparagus and Red Bell Peppers

READY IN



20 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb turkey breast tenderloins
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 cup flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 12 asparagus thin
- ☐ 0.5 large bell pepper red cut into thin strips and strips cut in half
- ☐ 0.5 cup chicken broth

- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons butter firm cold cut into 3 pieces
- ☐ 2 tablespoons parsley fresh chopped

Equipment

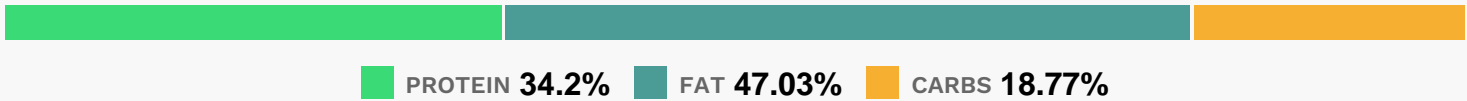
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ tongs
- ☐ meat tenderizer

Directions

- ☐ Cut turkey into 4 pieces.
- ☐ Place 1 piece, cut side up, between pieces of plastic wrap or waxed paper. Use flat side of meat mallet, pounder or rolling pin to gently pound each turkey piece to 1/4-inch thickness. Repeat with remaining turkey pieces.
- ☐ Sprinkle turkey with salt and pepper.
- ☐ Place flour in shallow bowl. Coat turkey lightly with flour, dusting off excess.
- ☐ In 10-inch skillet, heat 2 tablespoons of the oil over medium-high until shimmering and hot.
- ☐ Add turkey and cook about 3 minutes or until lightly browned. Flip and cook 1 minute longer.
- ☐ Remove turkey from skillet and place on plate. Cover tightly with foil.
- ☐ Add remaining 1 tablespoon oil to skillet and stir in asparagus and bell pepper. Sauté 1 minute.
- ☐ Add broth and heat to boiling. Boil uncovered 2 minutes. Stir in lemon peel and lemon juice. When liquid returns to boiling, remove from heat. Beat in butter, 1 piece at a time, with wire whisk, adding the next piece only after the first has been completely beaten in and melted. When all of the butter has been beaten in, stir in parsley.

Place 1 turkey piece on each serving plate. Use kitchen tongs to remove asparagus and pepper strips from sauce and place next to cutlet. Spoon sauce over turkey and vegetables.

Nutrition Facts



Properties

Glycemic Index:63.25, Glycemic Load:9.19, Inflammation Score:-8, Nutrition Score:11.918260722057%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg, Quercetin: 6.8mg

Nutrients (% of daily need)

Calories: 341.82kcal (17.09%), Fat: 18.07g (27.8%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 14.17g (5.15%), Sugar: 2.26g (2.51%), Cholesterol: 66.26mg (22.09%), Sodium: 378.86mg (16.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Vitamin K: 60.83µg (57.94%), Vitamin C: 36.59mg (44.35%), Vitamin A: 1350.34IU (27.01%), Vitamin E: 2.6mg (17.31%), Folate: 68.57µg (17.14%), Vitamin B1: 0.21mg (14.25%), Manganese: 0.24mg (11.99%), Iron: 2.07mg (11.51%), Vitamin B2: 0.19mg (10.96%), Selenium: 6.63µg (9.47%), Vitamin B3: 1.7mg (8.5%), Fiber: 2.04g (8.18%), Copper: 0.13mg (6.41%), Vitamin B6: 0.12mg (5.93%), Potassium: 189.16mg (5.4%), Phosphorus: 52.34mg (5.23%), Magnesium: 15.02mg (3.75%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.3mg (3.01%), Calcium: 23.01mg (2.3%)