



## Sauteed Turkey Cutlets with Avocado Sauce

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



504 kcal

SIDE DISH

### Ingredients

- 8 basil leaves for garnish
- 0.5 teaspoon pepper black freshly ground
- 0.8 cup flour all-purpose
- 1 medium haas avocados ripe
- 1 pound hass avocados ripe
- 0.8 teaspoon kosher salt
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon

- 2 teaspoons lemon zest packed
- 1 tablespoons olive oil
- 3 tablespoons olive oil
- 4 ounce turkey cutlets
- 2 tablespoons water

## Equipment

- frying pan
- blender
- ziploc bags

## Directions

- Combine all ingredients in a blender and process until smooth; set aside until ready to use. If the sauce is too thick, add a little more water. (Can be made up to 1 day ahead and stored, covered tightly in a refrigerator until ready to use.)
- Combine flour, zest, salt, and pepper in a shallow dish or a resealable plastic bag and mix thoroughly.
- Add half of cutlets and coat well.
- Remove, shaking off excess flour, and repeat with remaining cutlets.
- Heat 1 tablespoon oil in a large frying pan over medium heat. When it shimmers, add 2 to 3 cutlets and cook until browned, about 3 minutes total.
- Transfer to a plate and repeat with remaining cutlets.
- To serve, place turkey on platter, top with sauce, and garnish with a few slices of avocado and torn basil leaves.

## Nutrition Facts

 PROTEIN 9.75%  FAT 65.49%  CARBS 24.76%

## Properties

Glycemic Index:64.25, Glycemic Load:14.17, Inflammation Score:-7, Nutrition Score:18.830434695534%

## Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 504.17kcal (25.21%), Fat: 38.45g (59.15%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 20.9g (7.6%), Sugar: 1.38g (1.53%), Cholesterol: 17.72mg (5.91%), Sodium: 1043.23mg (45.36%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 12.87g (25.75%), Fiber: 11.8g (47.21%), Folate: 177.66µg (44.42%), Vitamin K: 46.59µg (44.37%), Vitamin E: 5.44mg (36.27%), Vitamin C: 20.7mg (25.09%), Vitamin B5: 2.39mg (23.94%), Potassium: 834.13mg (23.83%), Vitamin B6: 0.44mg (21.9%), Manganese: 0.44mg (21.84%), Vitamin B3: 4.25mg (21.26%), Vitamin B1: 0.3mg (19.77%), Vitamin B2: 0.33mg (19.5%), Copper: 0.36mg (17.76%), Magnesium: 54.26mg (13.56%), Selenium: 8.63µg (12.33%), Iron: 2.18mg (12.13%), Phosphorus: 111.97mg (11.2%), Zinc: 1.23mg (8.2%), Vitamin A: 283.44IU (5.67%), Calcium: 28.46mg (2.85%)