



Seared Turkey Cutlets with Cranberry—Caramelized Onion Salsa

 Gluten Free  Dairy Free

READY IN



14 min.

SERVINGS



2

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons olive oil
- ☐ 1 cup prechopped onion
- ☐ 0.4 teaspoon salt divided
- ☐ 3 tablespoons cranberries dried sweetened chopped
- ☐ 8 ounces turkey cutlets (4 cutlets)
- ☐ 0.3 cup water

☐ 2 tablespoons balsamic vinegar white

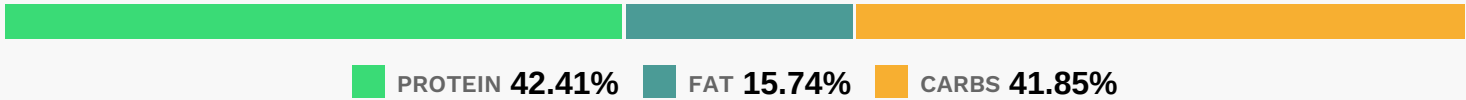
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle turkey with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Add turkey to pan; cook 2 minutes on each side or until done. Divide turkey between 2 plates; keep warm.
- ☐ Add onion to pan. Cook 3 minutes, stirring frequently; add remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper. Cook 5 minutes or until onion is tender and golden, stirring frequently. Stir in water, cranberries, and vinegar; cook 2 minutes or until cranberries are tender.
- ☐ Remove from heat; stir in parsley, if desired.
- ☐ Serve with: Roasted Brussels Sprouts l'Orange

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:3.04, Inflammation Score:-3, Nutrition Score:3.3582609035075%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg

Nutrients (% of daily need)

Calories: 272.7kcal (13.64%), Fat: 4.84g (7.45%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 28.99g (9.66%), Net Carbohydrates: 26.37g (9.59%), Sugar: 22.12g (24.58%), Cholesterol: 70.87mg (23.62%), Sodium: 497.8mg

(21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Manganese: 0.22mg (10.84%), Fiber: 2.62g (10.46%), Vitamin C: 5.97mg (7.23%), Vitamin E: 1.07mg (7.11%), Vitamin B6: 0.11mg (5.26%), Vitamin K: 4.85µg (4.62%), Potassium: 149.2mg (4.26%), Folate: 15.24µg (3.81%), Iron: 0.6mg (3.35%), Copper: 0.06mg (2.9%), Magnesium: 11.55mg (2.89%), Phosphorus: 28.43mg (2.84%), Calcium: 27.05mg (2.7%), Vitamin B1: 0.04mg (2.67%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.18mg (1.19%), Vitamin B3: 0.22mg (1.09%)