



Sesame-Crusted Turkey Mignons

 Dairy Free

READY IN



44 min.

SERVINGS



4

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings noodles hot cooked
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 garlic clove minced
- ☐ 1 slices garnishes: lemon and parsley
- ☐ 2 teaspoons juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon sesame oil

- ☐ 0.5 cup sesame seed toasted
- ☐ 1 tablespoon soya sauce
- ☐ 22 ounce turkey mignons
- ☐ 4 servings creamy wine sauce

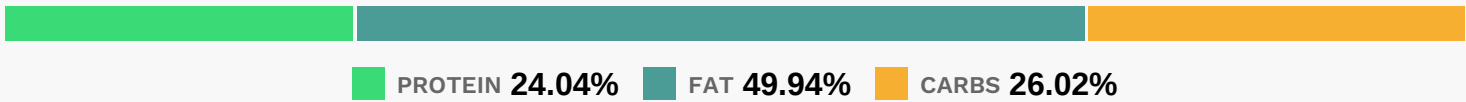
Equipment

- ☐ broiler pan

Directions

- ☐ Stir together first 8 ingredients; dredge turkey in sesame seed mixture.
- ☐ Place on a lightly greased rack in a broiler pan.
- ☐ Broil 5 1/2 inches from heat 12 minutes on each side or until done.
- ☐ Serve with Creamy Wine Sauce over hot cooked noodles.
- ☐ Garnish, if desired.
- ☐ * 2 turkey tenderloins, cut in half, may be substituted for turkey mignons.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:24.380435000295%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 649.93kcal (32.5%), Fat: 30.38g (46.73%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 31.73g (11.54%), Sugar: 1.98g (2.2%), Cholesterol: 79.71mg (26.57%), Sodium: 386.22mg (16.79%), Alcohol: 15.39g (100%), Alcohol %: 5.04% (100%), Protein: 32.9g (65.79%), Selenium: 52.93µg (75.61%), Vitamin B3: 10.08mg (50.38%), Manganese: 0.97mg (48.58%), Copper: 0.96mg (47.88%), Vitamin B6: 0.96mg (47.78%), Phosphorus: 407.51mg (40.75%), Magnesium: 127.88mg (31.97%), Iron: 5.54mg (30.77%), Zinc: 4.09mg (27.24%), Vitamin B12: 1.35µg (22.51%), Calcium: 216.55mg (21.65%), Vitamin B2: 0.31mg (18.33%), Fiber: 3.88g (15.52%), Potassium: 541.62mg (15.47%), Vitamin B1: 0.23mg (15.47%), Vitamin E: 2.16mg (14.39%), Vitamin B5: 1.09mg (10.89%), Vitamin K: 9.81µg (9.34%), Folate: 35.73µg (8.93%), Vitamin C: 2.59mg (3.14%), Vitamin D: 0.33µg (2.21%), Vitamin A: 96.93IU (1.94%)