



Stuffed Turkey Rolls with Cranberry Glaze

READY IN



30 min.

SERVINGS



4

CALORIES



403 kcal

Ingredients

- ☐ 0.5 cup apples diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon sage dried
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon salt
- ☐ 1 cup seasoned stuffing mix dry

- ☐ 2 ounce turkey cutlets
- ☐ 1 cup cranberry sauce whole canned

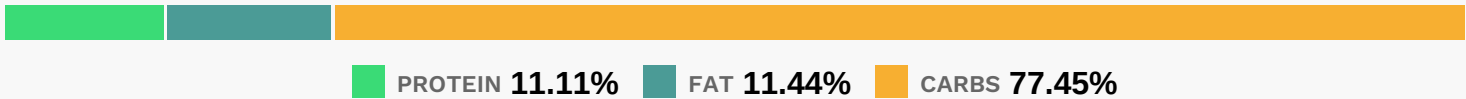
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Heat butter in a large nonstick skillet over medium-high heat.
- ☐ Add apple, onion, and garlic to pan; saut 5 minutes or until tender, stirring occasionally.
- ☐ Add broth and sage to pan; bring to a boil. Stir in stuffing mix.
- ☐ Remove from heat; set aside.
- ☐ Place each turkey cutlet between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Spread 1/4 cup stuffing mixture evenly over each cutlet, leaving a 1/2-inch border around edges.
- ☐ Roll up jelly-roll fashion; secure each roll with wooden picks.
- ☐ Sprinkle rolls evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add rolls to pan; saut 3 minutes on each side. Cover, reduce heat, and cook 10 minutes or until done.
- ☐ Combine cranberry sauce and juice in a saucepan; bring to a simmer, stirring constantly.
- ☐ Serve with rolls.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:1.75, Inflammation Score:-5, Nutrition Score:11.518260841784%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 403.46kcal (20.17%), Fat: 5.17g (7.95%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 78.76g (26.25%), Net Carbohydrates: 75.41g (27.42%), Sugar: 30.72g (34.13%), Cholesterol: 16.98mg (5.66%), Sodium: 1183.96mg (51.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.3g (22.59%), Selenium: 29.84µg (42.62%), Folate: 108.31µg (27.08%), Vitamin B1: 0.39mg (26.04%), Manganese: 0.45mg (22.6%), Vitamin B3: 3.82mg (19.09%), Vitamin B2: 0.28mg (16.3%), Iron: 2.73mg (15.16%), Fiber: 3.35g (13.38%), Vitamin C: 10.39mg (12.6%), Phosphorus: 101.29mg (10.13%), Copper: 0.19mg (9.37%), Magnesium: 29.81mg (7.45%), Vitamin B6: 0.14mg (7.21%), Potassium: 250.66mg (7.16%), Calcium: 69.83mg (6.98%), Vitamin E: 1mg (6.64%), Zinc: 0.63mg (4.2%), Vitamin B5: 0.35mg (3.52%), Vitamin A: 158.87IU (3.18%), Vitamin K: 2.61µg (2.49%), Vitamin B12: 0.1µg (1.72%)