



Tacchino alla Bolognese (Turkey, Bologna Style)

 **Gluten Free** Image not found or type unknown

READY IN

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ready

12 min.

SERVINGS

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servings

6

CALORIES

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calories

355 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 servings parmigiano-reggiano for shaving
- ☐ 0.5 cup young pecorino toscano grated
- ☐ 6 slices prosciutto di parma
- ☐ 1 truffle white black very thinly sliced
- ☐ 6 turkey cutlets thin

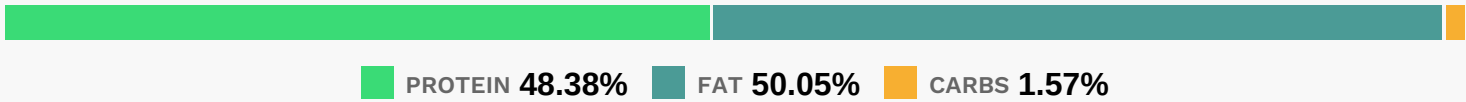
Equipment

☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat the butter over medium-high heat until it foams and subsides.
- ☐ Place the turkey cutlets in the pan and cook for 2 minutes each side, until the flesh begins to turn white. Shave several curls of Parmigiano over each cutlet, then top each cutlet with truffle shavings, followed by a slice of prosciutto laid over the top.
- ☐ Sprinkle 1 or 2 tablespoons of the pecorino over the top of each. Cook over medium heat until the cheese begins to ooze out and the flesh is cooked through, about 6 minutes. Shave fresh truffle slices over.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:6.3060869108076%

Nutrients (% of daily need)

Calories: 354.71kcal (17.74%), Fat: 19.52g (30.03%), Saturated Fat: 11.03g (68.96%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.31g (0.34%), Cholesterol: 119.4mg (39.8%), Sodium: 730.09mg (31.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.44g (84.89%), Calcium: 445.95mg (44.59%), Phosphorus: 284.73mg (28.47%), Selenium: 9.64µg (13.77%), Vitamin A: 446.77IU (8.94%), Vitamin B12: 0.51µg (8.42%), Vitamin B2: 0.14mg (8.19%), Zinc: 1.14mg (7.6%), Magnesium: 17.72mg (4.43%), Iron: 0.52mg (2.91%), Vitamin B6: 0.06mg (2.79%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.22mg (2.23%), Vitamin B3: 0.41mg (2.06%), Vitamin E: 0.31mg (2.04%), Vitamin D: 0.22µg (1.49%), Potassium: 52.29mg (1.49%), Vitamin K: 1.28µg (1.22%)