

Turkey a la Oscar



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 ounce cut asparagus frozen
- ☐ 0.3 teaspoon garlic crushed
- ☐ 1.3 ounce knorr hollandaise sauce mix
- ☐ 1 tablespoon butter
- ☐ 0.3 pound shrimp deveined cooked peeled
- ☐ 24 ounce turkey breast cutlets
- ☐ 0.3 cup water

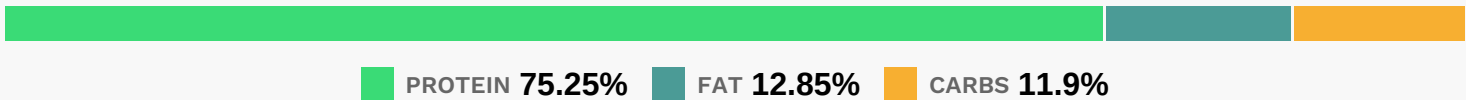
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the water and asparagus in a saucepan, and bring to a boil over medium heat. Cook covered 5 minutes.
- ☐ Remove cover and cook 1 or 2 minutes, until tender.
- ☐ Drain and set aside, but keep warm.
- ☐ Melt the margarine in a skillet over medium-high heat. Cook the turkey cutlets 2 to 3 minutes on each side, or until browned and no longer pink on the inside.
- ☐ Remove turkey from the pan and set aside.
- ☐ Add the garlic and shrimp to the already heated skillet. Cook over medium-high heat 1 or 2 minutes, stirring constantly until the shrimp is heated through.
- ☐ Prepare hollandaise sauce according to package directions.
- ☐ Place each turkey cutlet on a plate. Top with the asparagus and shrimp. Spoon hollandaise sauce over all.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:7.9360869050674%

Flavonoids

Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg, Isorhamnetin: 5.39mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg, Quercetin: 13.21mg

Nutrients (% of daily need)

Calories: 198.58kcal (9.93%), Fat: 2.6g (4%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.43g (1.25%), Sugar: 1.78g (1.98%), Cholesterol: 126.61mg (42.2%), Sodium: 284.68mg (12.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.51%), Vitamin K: 39.31µg (37.44%), Vitamin A: 797.88IU (15.96%), Iron: 2.3mg (12.8%), Copper: 0.25mg (12.72%), Folate: 49.17µg (12.29%), Vitamin B1: 0.14mg (9.04%), Phosphorus: 90.31mg (9.03%), Fiber: 1.99g (7.95%), Vitamin B2: 0.13mg (7.9%), Manganese: 0.16mg

(7.88%), Vitamin E: 1.14mg (7.6%), Potassium: 242.26mg (6.92%), Vitamin C: 5.34mg (6.47%), Zinc: 0.77mg (5.11%), Magnesium: 20.04mg (5.01%), Vitamin B3: 0.93mg (4.63%), Vitamin B6: 0.09mg (4.39%), Calcium: 36mg (3.6%), Selenium: 2.19µg (3.13%), Vitamin B5: 0.26mg (2.62%)