



Turkey Cotolette alla Romagnola (Turkey in the Style of Romagna)

READY IN



25 min.

SERVINGS



4

CALORIES



745 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 medium carrots shredded finely
- ☐ 0.5 cup chicken stock see
- ☐ 2 eggs beaten
- ☐ 0.3 cup olive oil extra virgin
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced

- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 1 onion spanish chopped
- ☐ 0.3 pound parmigiano-reggiano shaved with peeler into shards
- ☐ 4 slices prosciutto di parma paper thin
- ☐ 4 servings salt to taste
- ☐ 4 servings salt and pepper
- ☐ 4 turkey cutlets
- ☐ 2 tablespoons butter unsalted

Equipment

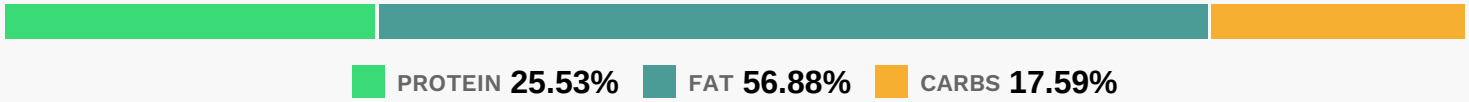
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Season the turkey pieces with salt and pepper and place in the beaten egg.
- ☐ Drain to remove the excess and dredge in bread crumbs, pressing to coat each 1 evenly.
- ☐ Lay on a plate and refrigerate 1 hour.
- ☐ Preheat the oven to 400 degrees F.
- ☐ In a 14 to 16-inch saute pan (large enough to hold all 4 turkey pieces at the same time) over medium heat, heat the oil and butter until the butter foams and dissipates.
- ☐ Place the turkey pieces in a pan and cook slowly until golden brown on 1 side, about 6 to 7 minutes. DO NOT RUSH THIS STEP OR THEY WILL BURN. Turn and cook the other side. When both sides are golden brown, pour the tomato sauce and chicken stock around the meat and bring to a boil.
- ☐ Place 1 slice prosciutto over each piece and sprinkle with shaved Parmesan and place, uncovered, in the oven for 10 minutes.
- ☐ Remove and place on a warmed serving platter.
- ☐ Drizzle with spoonfuls of the sauce and serve.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.

- ☐
- Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐
- Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐
- Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:1.58, Inflammation Score:-10, Nutrition Score:27.886956546618%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg, Luteolin: 2.5mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 744.58kcal (37.23%), Fat: 48.01g (73.86%), Saturated Fat: 14.17g (88.54%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 27.35g (9.95%), Sugar: 12.63g (14.03%), Cholesterol: 192.35mg (64.12%), Sodium: 1695.4mg (73.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.49g (96.97%), Vitamin C: 48.8mg (59.15%), Calcium: 534.75mg (53.47%), Vitamin A: 2507.45IU (50.15%), Vitamin E: 7.23mg (48.18%), Phosphorus: 380.09mg (38.01%), Iron: 6.6mg (36.67%), Vitamin B6: 0.66mg (32.94%), Vitamin B2: 0.54mg (31.86%), Manganese: 0.63mg (31.52%), Vitamin K: 31.22µg (29.73%), Selenium: 19.84µg (28.35%), Potassium: 986.99mg (28.2%), Vitamin B1: 0.39mg (25.88%), Fiber: 6.06g (24.22%), Vitamin B3: 4.84mg (24.19%), Copper: 0.41mg (20.32%), Magnesium: 79.7mg (19.93%), Folate: 69.36µg (17.34%), Zinc: 2.15mg (14.36%), Vitamin B5: 1.15mg (11.55%), Vitamin B12: 0.64µg (10.59%), Vitamin D: 0.72µg (4.79%)