



Turkey Cutlet and Parmesan Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 cups baby salad greens mixed loosely packed
- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmigiano-reggiano shavings with a vegetable peeler (from a)
- ☐ 0.3 cup red-wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

- ☐ 1 teaspoon sugar
- ☐ 1.3 lb turkey cutlets (1/)

Equipment

- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Whisk together vinegar, shallot, sugar, mustard, salt, and pepper, then add 1/2 cup oil in a stream, whisking until emulsified.
- ☐ Put turkey in a large shallow baking dish and pour 1/4 cup vinaigrette over it, turning to coat. Marinate at room temperature, turning occasionally, 10 minutes.
- ☐ Remove from marinade and pat dry (discard used marinade).
- ☐ Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until just smoking, then sauté half of cutlets (without crowding), turning over once, until browned and just cooked through, about 4 minutes total.
- ☐ Transfer as cooked to a cutting board and keep warm, loosely covered with foil. Cook remaining cutlets in remaining tablespoon oil in same manner.
- ☐ Slice cutlets along the grain into 1/2-inch-wide strips.
- ☐ Toss greens with some of remaining vinaigrette and any juices accumulated on cutting board until well coated. Divide greens among 4 plates and top with turkey strips and cheese shavings.
- ☐ If your cutlets are more than 1/4 inch thick, put each cutlet between 2 sheets of plastic wrap and gently pound with flat side of a meat pounder or with a rolling pin until 1/4 inch thick.

Nutrition Facts



 **PROTEIN 61.86%**  **FAT 27.33%**  **CARBS 10.81%**

Properties

Glycemic Index:47.77, Glycemic Load:0.87, Inflammation Score:-8, Nutrition Score:8.7221740179736%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 259.07kcal (12.95%), Fat: 7.82g (12.03%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.79g (2.47%), Sugar: 1.26g (1.4%), Cholesterol: 92.84mg (30.95%), Sodium: 513mg (22.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.81g (79.61%), Vitamin C: 37.4mg (45.33%), Vitamin A: 1868.08IU (37.36%), Folate: 60.6µg (15.15%), Manganese: 0.27mg (13.63%), Phosphorus: 110.02mg (11%), Calcium: 98.21mg (9.82%), Potassium: 298.8mg (8.54%), Iron: 1.45mg (8.05%), Vitamin B6: 0.14mg (7.18%), Vitamin B2: 0.1mg (6.03%), Magnesium: 22.29mg (5.57%), Vitamin E: 0.8mg (5.32%), Vitamin B3: 0.91mg (4.55%), Copper: 0.09mg (4.43%), Vitamin B1: 0.05mg (3.63%), Selenium: 2.51µg (3.59%), Zinc: 0.53mg (3.55%), Vitamin K: 3.6µg (3.43%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.08µg (1.25%)