



Turkey Cutlet with Tart Cherry Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 15 ounce cherries canned (recommended: Oregon)
- 0.5 cup flour all-purpose
- 3 tablespoons oil cold for finishing cut into 4 chunks,
- 2 tablespoons orange juice concentrate
- 4 servings salt and pepper
- 1.5 pounds turkey breast cutlet sliced
- 1 cup merlot wine

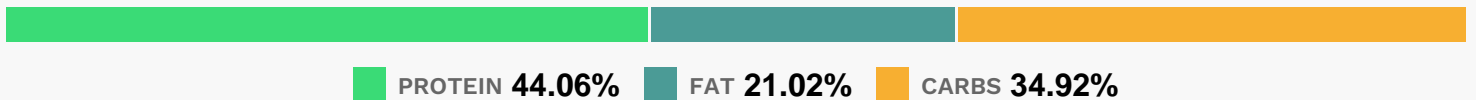
Equipment

- frying pan
- oven

Directions

- Preheat the oven to 200 degrees F.
- In a large frying pan, heat the pan over medium-high heat and then add half the butter or oil.
- Season turkey cutlet slices with salt and pepper.
- Place in large zip-top bag, along with the flour. Seal bag and shake to coat turkey.
- Remove turkey from bag, shaking off excess flour. Cook in a hot pan for 3 to 4 minutes per side, or until done.
- Transfer to an ovenproof plate and place in the oven to keep warm. Repeat with the remaining butter or oil and turkey.
- Add red wine, orange juice concentrate, and sugar to pan and scrape up any browned bits in pan. Bring to a boil and let reduce by half, about 5 minutes. Reduce heat and swirl in the cherries and cold butter to incorporate. Season with salt and pepper, to taste.
- Serve the turkey culets on individual plates with some sauce spooned over the top.
- Note: When spooning sauce on top, do not cover the entire piece of meat. Spoon diagonally over the meat to show off the golden color.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:12.13, Inflammation Score:-5, Nutrition Score:6.6773913502693%

Flavonoids

Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg, Cyanidin: 32.12mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 5.32mg,

Epicatechin: 5.32mg, Epicatechin: 5.32mg, Epicatechin: 5.32mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 453.28kcal (22.66%), Fat: 9.67g (14.87%), Saturated Fat: 5.47g (34.16%), Carbohydrates: 36.12g (12.04%), Net Carbohydrates: 33.39g (12.14%), Sugar: 19.24g (21.37%), Cholesterol: 128.89mg (42.96%), Sodium: 344.22mg (14.97%), Alcohol: 6.24g (100%), Alcohol %: 2.12% (100%), Protein: 45.58g (91.16%), Vitamin C: 18.16mg (22.01%), Manganese: 0.26mg (13.07%), Vitamin B1: 0.18mg (11.68%), Fiber: 2.73g (10.91%), Potassium: 365.18mg (10.43%), Folate: 39.48µg (9.87%), Iron: 1.65mg (9.17%), Vitamin B2: 0.14mg (8.39%), Selenium: 5.59µg (7.98%), Vitamin A: 358.45IU (7.17%), Vitamin B3: 1.27mg (6.37%), Magnesium: 24.8mg (6.2%), Phosphorus: 58.35mg (5.84%), Vitamin B6: 0.11mg (5.61%), Copper: 0.1mg (4.82%), Vitamin B5: 0.36mg (3.59%), Vitamin K: 3.04µg (2.9%), Calcium: 28.9mg (2.89%), Vitamin E: 0.37mg (2.48%), Zinc: 0.28mg (1.9%)