



Turkey Cutlets in Anchovy-Butter Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



448 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 2 tablespoons chives chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons olive oil
- ☐ 1 large shallots finely chopped
- ☐ 1.5 pounds turkey cutlets
- ☐ 3 tablespoons butter unsalted

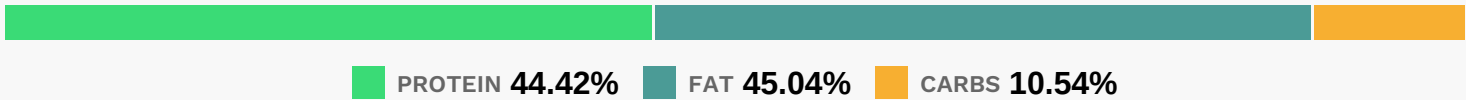
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Stir together flour and 1/2 teaspoon each of salt and pepper on a plate. Pat cutlets dry, then dredge in flour, shaking off excess.
- ☐ Heat oil in a large heavy skillet over medium-high heat until it shimmers, then sauté turkey in 2 batches, turning once, until golden and cooked through, 3 to 4 minutes per batch.
- ☐ Transfer to a plate and keep warm, loosely covered with foil.
- ☐ Brown shallot in fat remaining in skillet, stirring frequently, about 2 minutes.
- ☐ Add wine and boil, stirring and scraping up brown bits, until reduced to about 1/3 cup, about 3 minutes.
- ☐ Remove from heat and whisk in anchovy paste, butter, and chives until incorporated. Return cutlets to skillet with any juices from plate and turn to coat.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:6.25, Inflammation Score:-4, Nutrition Score:4.4308695689492%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 448.48kcal (22.42%), Fat: 20.19g (31.07%), Saturated Fat: 6.93g (43.3%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 10.11g (3.68%), Sugar: 1.13g (1.26%), Cholesterol: 131.44mg (43.81%), Sodium: 193.71mg (8.42%), Alcohol: 6.18g (100%), Alcohol %: 2.88% (100%), Protein: 44.8g (89.61%), Vitamin E: 1.87mg (12.45%), Vitamin K: 10.94µg (10.41%), Manganese: 0.17mg (8.43%), Selenium: 5.83µg (8.33%), Iron: 1.22mg (6.76%), Vitamin A: 329.14IU (6.58%), Vitamin B3: 1.3mg (6.52%), Vitamin B1: 0.09mg (6.17%), Folate: 24.07µg (6.02%), Vitamin B2: 0.08mg (4.58%), Phosphorus: 36.75mg (3.67%), Vitamin B6: 0.06mg (3.23%), Magnesium: 12.51mg (3.13%), Potassium: 98.01mg (2.8%), Fiber: 0.52g (2.08%), Calcium: 20.24mg (2.02%), Copper: 0.04mg (1.86%), Zinc: 0.26mg (1.74%), Vitamin C: 1.37mg (1.66%), Vitamin D: 0.21µg (1.39%), Vitamin B5: 0.13mg (1.34%)