Turkey Cutlets Milanese with Watercress Salad

READY IN	SERVINGS	CALORIES
30 min.	2	822 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.8 cup bread crumbs fresh fine
- [ ] 2 large eggs
- [ ] 2 servings flour with salt and pepper, for dredging all-purpose
- [ ] 1 teaspoon juice of lemon fresh
- [ ] 2 servings lemon wedges
- [ ] 1.5 tablespoons olive oil
- [ ] 2 tablespoons olive oil
- [ ] 0.8 cup parmesan shredded finely
- [ ] 0.3 cup onion red thinly sliced

- [ ] 0.1 teaspoon salt
- [ ] 12 ounce turkey cutlets ()
- [ ] 1 bunch watercress dry washed well

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] paper towels
- [ ] spatula

Directions

- [ ] Make turkey cutlets: Pat the turkey dry and spread the seasoned flour on a plate. In a small shallow bowl, beat eggs lightly, and season them with salt and pepper. In another small shallow bowl, stir together bread crumbs and Parmesan.
- [ ] Dredge cutlets in flour, shaking off excess, and dip in egg, letting excess drip off. Coat cutlets with bread crumb mixture and put on a waxed-paper-lined tray. You can at this point chill cutlets for 15 minutes.
- [ ] In a 12-inch non-stick skillet, heat oil over moderately high heat until hot but not smoking and saute cutlets 1 1/2 to 2 minutes on each side, or until golden and just cooked through.
- [ ] Remove skillet from heat.
- [ ] Make the salad: In a bowl, combine watercress and onion and drizzle with oil, tossing to coat.
- [ ] Add lemon juice and salt and toss well.
- [ ] Transfer cutlets with a slotted spatula to paper towels to drain briefly and arrange on plates. Top cutlets with salad and serve with lemon wedges.

Nutrition Facts

PROTEIN **33.96%** FAT **46.25%** CARBS **19.79%**

Properties

Glycemic Index:77.25, Glycemic Load:4.9, Inflammation Score:-7, Nutrition Score:22.536086745884%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 822.4kcal (41.12%), Fat: 42g (64.61%), Saturated Fat: 11.61g (72.59%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 38.03g (13.83%), Sugar: 3.95g (4.39%), Cholesterol: 317.81mg (105.94%), Sodium: 1208.23mg (52.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.37g (138.74%), Calcium: 560.06mg (56.01%), Selenium: 36.87µg (52.68%), Phosphorus: 462.76mg (46.28%), Vitamin B2: 0.59mg (34.59%), Vitamin B1: 0.51mg (34.17%), Vitamin E: 4.18mg (27.88%), Manganese: 0.56mg (27.81%), Folate: 108.87µg (27.22%), Vitamin A: 1216.84IU (24.34%), Iron: 4.31mg (23.94%), Vitamin C: 16.32mg (19.78%), Vitamin B3: 3.61mg (18.06%), Vitamin K: 18.31µg (17.44%), Vitamin B12: 1.04µg (17.28%), Zinc: 2.47mg (16.49%), Vitamin B5: 1.29mg (12.92%), Magnesium: 50.12mg (12.53%), Vitamin B6: 0.24mg (12.17%), Copper: 0.2mg (9.98%), Fiber: 2.4g (9.6%), Potassium: 323.23mg (9.24%), Vitamin D: 1.19µg (7.92%)