



Turkey Cutlets with Cranberry Orange Stuffing and Pan Gravy

READY IN



25 min.

SERVINGS



4

CALORIES



481 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter cut in small pieces
- ☐ 2 tablespoons butter cut into small pieces
- ☐ 2 ribs celery with greens, from the heart of the stalk, chopped
- ☐ 1 cup chicken stock see
- ☐ 2 cups chicken stock see
- ☐ 1 leaf flat parsley chopped for garnish, optional
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 bay leaf fresh

- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2 cranberry orange muffins
- ☐ 1 teaspoon poultry seasoning
- ☐ 4 servings salt and pepper
- ☐ 1.3 pounds turkey breast cutlets

Equipment

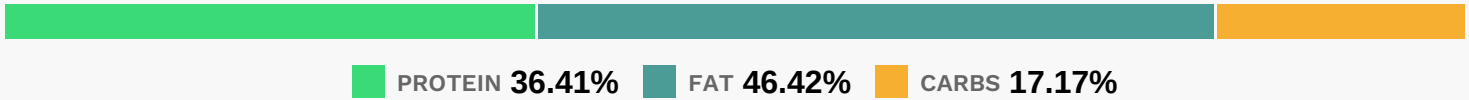
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil
- ☐ stove
- ☐ ice cream scoop

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat olive oil and butter in a medium skillet over moderate heat. When the butter melts, add the celery, onion, and bay leaf. Season with salt and pepper. Crumble the muffins into the pan and combine with the vegetables.
- ☐ Add thyme and chicken stock. Cook stuffing 5 minutes, stirring occasionally, then remove from heat and let stand in the warm pan.
- ☐ Turkey and Gravy: Preheat a large skillet over medium high heat and add the olive oil. Season turkey cutlets with salt, pepper and poultry seasoning.
- ☐ Saute 5 minutes on each side, then transfer cutlets to a warm plate and cover plate with aluminum foil. Return skillet to stove and reduce heat a bit.
- ☐ Add butter, then flour to the melted butter. Cook flour and butter a minute or two, stirring with a whisk.

- ☐ Whisk in chicken stock. Reduce the stock 2 or 3 minutes, to desired gravy consistency.Season with salt and pepper, to your taste.
- ☐ To serve, mound cranberry orange stuffing onto each dinner plate using an ice cream scoop. Rest sauteed turkey cutlets on top of the stuffing and cover the turkey with gravy.
- ☐ Garnish with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:80.38, Glycemic Load:5.43, Inflammation Score:-10, Nutrition Score:10.493478325398%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg, Apigenin: 0.64mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 480.53kcal (24.03%), Fat: 24.94g (38.37%), Saturated Fat: 9.28g (58.02%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 18.05g (6.57%), Sugar: 10.17g (11.3%), Cholesterol: 130mg (43.33%), Sodium: 612.87mg (26.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.02g (88.04%), Vitamin C: 43.36mg (52.56%), Vitamin B3: 3.37mg (16.87%), Vitamin K: 15.91µg (15.15%), Vitamin A: 710.92IU (14.22%), Vitamin E: 2.02mg (13.5%), Vitamin B2: 0.23mg (13.41%), Vitamin B1: 0.17mg (11.08%), Folate: 44.03µg (11.01%), Potassium: 382.33mg (10.92%), Fiber: 2.7g (10.81%), Vitamin B6: 0.2mg (10.2%), Iron: 1.8mg (9.98%), Manganese: 0.18mg (8.78%), Selenium: 5.88µg (8.39%), Copper: 0.17mg (8.37%), Phosphorus: 78.09mg (7.81%), Calcium: 61.85mg (6.18%), Magnesium: 24.54mg (6.14%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.25mg (2.45%)