



Turkey Cutlets with Gravy and Raw Stuffing Salad

READY IN

ready

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25 min.

SERVINGS

servings

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4

CALORIES

calories

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729 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 1.5 cups cloudy apple cider
- ☐ 1.5 cups bread crumbs
- ☐ 4 slices day-old brioche toasted thin
- ☐ 4 servings butter softened for toast, plus 3 tablespoons for gravy
- ☐ 0.3 pound button mushrooms very thinly sliced
- ☐ 3 ribs celery from the heart with leafy tops, finely chopped
- ☐ 2 cups chicken stock see
- ☐ 2 eggs beaten

- ☐ 3 tablespoons flour all-purpose
- ☐ 4 servings flour for dredging
- ☐ 3 sprigs thyme leaves fresh finely chopped
- ☐ 1 golden delicious apple chopped
- ☐ 2 lemons
- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 2 handfuls a couple parsley leaves fresh chopped
- ☐ 2 teaspoons poultry seasoning
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 scallions chopped
- ☐ 4 pieces turkey breast cutlet
- ☐ 1 teaspoon worcestershire sauce

Equipment

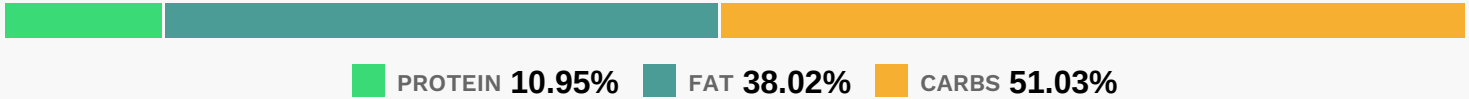
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Season the turkey with salt and pepper and poultry seasoning. Set up a breading station of flour, then egg then bread crumbs. Bread cutlets and reserve them.
- ☐ Combine parsley, celery, scallions, apple, mushrooms and dress with salt, pepper, the juice of 2 lemons, 3 tablespoons olive oil. Butter toasted bread then chop into 1/4 inch dice. Toss bread and thyme into salad. Dampen the stuffing salad a bit with apple cider or juice and toss to combine.
- ☐ Melt 3 tablespoons of butter over medium heat in medium saucepan.
- ☐ Add flour and cook 1 minute then whisk in stock, season with salt and pepper and Worcestershire and thicken stock a few minutes over medium-low heat.

- ☐ Heat 2 tablespoons olive oil in a large skillet over medium-high heat, cook cutlets 10 minutes turning once. If the pan is too small to cook all 4, reserve 2 under foil and add another tablespoon olive oil and cook off remaining cutlets.
- ☐ Serve cutlets on raw stuffing salad and top with warm gravy.

Nutrition Facts



Properties

Glycemic Index:127.56, Glycemic Load:14.72, Inflammation Score:-9, Nutrition Score:31.01304354875%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 6.68mg, Epicatechin: 6.68mg, Epicatechin: 6.68mg, Epicatechin: 6.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 5.2mg, Apigenin: 5.2mg, Apigenin: 5.2mg, Apigenin: 5.2mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 728.68kcal (36.43%), Fat: 31.17g (47.95%), Saturated Fat: 7.52g (47%), Carbohydrates: 94.13g (31.38%), Net Carbohydrates: 86.57g (31.48%), Sugar: 21.34g (23.71%), Cholesterol: 123.85mg (41.28%), Sodium: 787.77mg (34.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.21g (40.41%), Vitamin K: 89.86µg (85.58%), Selenium: 43.27µg (61.82%), Vitamin B1: 0.87mg (57.86%), Vitamin B2: 0.85mg (50.07%), Manganese: 0.99mg (49.57%), Vitamin B3: 9.37mg (46.86%), Vitamin C: 37.61mg (45.59%), Folate: 174.99µg (43.75%), Iron: 6.48mg (36%), Fiber: 7.56g (30.25%), Phosphorus: 274.47mg (27.45%), Copper: 0.46mg (23.17%), Vitamin E: 3.43mg (22.89%), Potassium: 758.6mg (21.67%), Calcium: 205.81mg (20.58%), Vitamin B6: 0.36mg (17.93%), Vitamin A: 881.65IU (17.63%), Magnesium: 61.99mg (15.5%), Vitamin B5: 1.47mg (14.73%), Zinc: 1.93mg (12.84%), Vitamin B12: 0.41µg (6.84%), Vitamin D: 0.71µg (4.72%)