



Turkey Cutlets with Lemon-Caper Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 2 tablespoons capers
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 leaf garnishes: lemon wedges fresh chopped
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 pound turkey cutlets

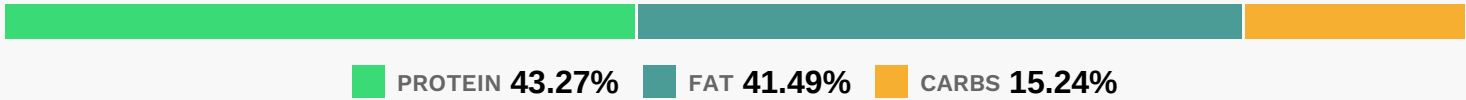
Equipment

- ☐ frying pan

Directions

- ☐ Combine flour, salt, and pepper; dredge turkey in mixture.
- ☐ Melt 2 Tbsp. butter with oil in a large skillet over medium-high heat; add turkey, and cook, in batches, 1 1/2 minutes on each side or until golden.
- ☐ Transfer to a serving dish, and keep warm.
- ☐ Add white wine, lemon juice, and remaining 1 Tbsp. butter to skillet, stirring to loosen particles from bottom of skillet. Cook 2 minutes or just until thoroughly heated.
- ☐ Stir in garlic, parsley, and capers; spoon over turkey.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.88, Glycemic Load:6.06, Inflammation Score:-4, Nutrition Score:5.1052173557489%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 297.13kcal (14.86%), Fat: 12.72g (19.57%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 9.9g (3.6%), Sugar: 0.66g (0.74%), Cholesterol: 93.45mg (31.15%), Sodium: 524.44mg (22.8%), Alcohol: 3.09g (100%), Alcohol %: 2.09% (100%), Protein: 29.85g (59.71%), Vitamin K: 37.21µg (35.44%), Vitamin C: 7.79mg (9.44%), Vitamin A: 438.63IU (8.77%), Manganese: 0.17mg (8.58%), Folate: 26µg (6.5%), Vitamin B1: 0.09mg (6.15%), Iron: 1.02mg (5.67%), Selenium: 3.95µg (5.65%), Vitamin E: 0.83mg (5.5%), Vitamin B2: 0.07mg (4.17%), Vitamin B3: 0.73mg (3.64%), Phosphorus: 24.36mg (2.44%), Fiber: 0.61g (2.44%), Vitamin B6: 0.05mg (2.37%), Magnesium: 9.33mg (2.33%), Copper: 0.04mg (2.2%), Potassium: 69.01mg (1.97%), Calcium: 15.92mg (1.59%), Zinc: 0.18mg (1.2%), Vitamin B5: 0.11mg (1.07%)