



Turkey Cutlets with Mushroom and Water Chestnut Stuffing and Pan Gravy

READY IN



40 min.

SERVINGS



6

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter divided softened
- 2 ribs celery with leafy green tops chopped
- 1 quart chicken stock in a re-sealable paper box (recommended: College Inn brand)
(recommended: Kitchen Basics)
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley leaves fresh chopped
- 1 pound mushrooms chopped
- 4 tablespoons olive oil extra-virgin divided

- 3 teaspoons poultry seasoning divided
- 6 slices marble rye bread
- 6 servings salt and pepper
- 3 scallions chopped
- 2.5 pounds turkey breast cutlets
- 1 cup water chestnuts drained chopped

Equipment

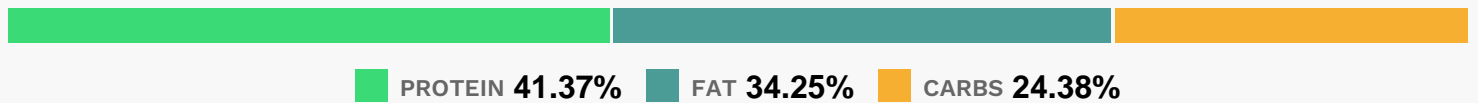
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- broiler
- ice cream scoop

Directions

- Turn on broiler to high and toast the bread on both sides. Butter the toasted bread liberally with softened butter. Set aside. Switch oven to bake and preheat to 375 degrees F.
- Season the turkey cutlets with salt, pepper and 2 teaspoons poultry seasoning just eyeball it. In a large skillet, brown turkey cutlets on each side over medium high heat in 2 tablespoons extra-virgin olive oil.
- Transfer the cutlets to a shallow baking dish and add 1 cup broth to keep meat moist.
- Transfer cutlets to oven, loosely tented with foil, to continue cooking through. To skillet that you browned the cutlets in, add 2 tablespoons butter and melt it over medium heat.
- Add flour to butter and cook a minute or two more.
- Whisk in about 2 cups turkey broth or chicken stock and allow it to thicken up, 5 minutes. Season the gravy with salt and pepper and poultry seasoning, to your taste.
- Preheat a second skillet, over medium high heat and 2 tablespoons of extra-virgin olive oil, 2 turns of the pan.

- Add chopped mushrooms and brown 5 minutes, stirring frequently. Season mushrooms with salt and pepper.
- Add celery and water chestnuts as you get them chopped. Continue to cook until veggies are all tender, another 5 minutes.
- Add scallions, 1 teaspoon poultry seasoning and the parsley.
- Cut bread into cubes and add. Moisten stuffing with 1 cup broth or stock.
- Transfer to a serving dish. Use an ice cream scoop to portion out the stuffing at the table. Top mounds of stuffing with turkey cutlets and gravy, serve with sugar snap peas and brown rice or other vegetable side dishes of your choice.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:9.15, Inflammation Score:-5, Nutrition Score:16.599565350491%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg,
 Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg
 Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.64mg, Quercetin: 0.64mg,
 Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 551.95kcal (27.6%), Fat: 21.11g (32.48%), Saturated Fat: 6.88g (43%), Carbohydrates: 33.83g (11.28%), Net
 Carbohydrates: 29.36g (10.68%), Sugar: 6.86g (7.62%), Cholesterol: 142.92mg (47.64%), Sodium: 769.85mg
 (33.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.39g (114.77%), Vitamin K: 49.43µg (47.08%),
 Vitamin B3: 6.88mg (34.4%), Vitamin B2: 0.58mg (34.31%), Selenium: 21.85µg (31.22%), Copper: 0.46mg (23.16%),
 Manganese: 0.46mg (22.91%), Vitamin B1: 0.29mg (19.27%), Folate: 71.55µg (17.89%), Fiber: 4.46g (17.85%), Iron:
 3.13mg (17.38%), Phosphorus: 168.67mg (16.87%), Potassium: 564.85mg (16.14%), Vitamin B6: 0.31mg (15.6%),
 Vitamin B5: 1.39mg (13.87%), Vitamin E: 2.07mg (13.82%), Vitamin A: 442.46IU (8.85%), Zinc: 1.3mg (8.65%),
 Magnesium: 33.81mg (8.45%), Vitamin C: 5.88mg (7.13%), Calcium: 51.61mg (5.16%), Vitamin D: 0.15µg (1.01%)