



Turkey Cutlets With Plum Salad

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups baby arugula
- 1 pinch cayenne pepper
- 1.3 teaspoons ground coriander
- 4 servings kosher salt and pepper black freshly ground
- 2 teaspoons juice of lemon fresh
- 5 tablespoons olive oil extra-virgin
- 3 plums firm cut into 1-inch wedges
- 1.5 pounds turkey cutlets

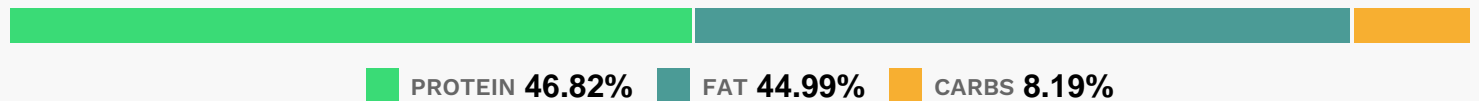
Equipment

- bowl
- frying pan
- plastic wrap
- grill
- meat tenderizer

Directions

- Preheat a grill to medium high. One at a time, place the cutlets between 2 sheets of plastic wrap and pound with a meat mallet or heavy skillet until 1/4 inch thick.
- Transfer the cutlets to a bowl and toss with the cayenne, 1 teaspoon coriander, 1 teaspoon salt, 1/4 teaspoon black pepper and 1 tablespoon olive oil. Set aside.
- Toss the plums with the remaining 1/4 teaspoon coriander, a pinch of salt and 1 tablespoon olive oil. Grill the plums, turning once, until just starting to soften, 3 to 4 minutes. Set aside.
- Grill the turkey until cooked through, about 2 minutes per side.
- Finely chop a few of the grilled plum wedges; put in a large bowl. Stir in the lemon juice, the remaining 3 tablespoons olive oil and 1/4 teaspoon each salt and black pepper.
- Add the arugula and toss. Top the turkey with the salad and the remaining grilled plums.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:7.979565181162%

Flavonoids

Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg, Cyanidin: 2.79mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epicatechin 3-gallate: 0.38mg,

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Nutrients (% of daily need)

Calories: 372.22kcal (18.61%), Fat: 18.79g (28.91%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.06g (2.2%), Sugar: 5.8g (6.44%), Cholesterol: 106.31mg (35.44%), Sodium: 89.67mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44g (88%), Vitamin K: 57.49µg (54.75%), Vitamin A: 1131.07IU (22.62%), Vitamin E: 2.83mg (18.89%), Vitamin C: 11.82mg (14.33%), Folate: 41.82µg (10.45%), Manganese: 0.18mg (8.98%), Calcium: 72.21mg (7.22%), Potassium: 237.82mg (6.79%), Fiber: 1.63g (6.54%), Iron: 1.15mg (6.41%), Magnesium: 24.69mg (6.17%), Copper: 0.07mg (3.33%), Phosphorus: 31.71mg (3.17%), Vitamin B2: 0.05mg (2.93%), Vitamin B5: 0.25mg (2.46%), Vitamin B6: 0.05mg (2.28%), Vitamin B1: 0.03mg (2.25%), Zinc: 0.27mg (1.8%), Vitamin B3: 0.35mg (1.74%)