



Turkey Cutlets with Prosciutto



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 teaspoons sage fresh finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.5 ounces pancetta julienned
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped
- ☐ 16 ounce turkey breast cutlets

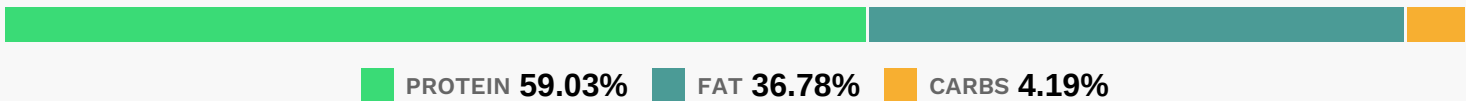
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place each cutlet between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of each cutlet with salt and pepper. Divide prosciutto into 4 equal portions; place 1 portion in the center of each cutlet.
- ☐ Sprinkle each portion with 1/2 teaspoon sage.
- ☐ Roll up cutlets, jelly-roll fashion, starting with narrow end.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add cutlets to pan; cook 6 minutes or until thoroughly cooked, turning to brown on all sides.
- ☐ Remove cutlets from pan; cover and keep warm. Reduce heat to medium-low.
- ☐ Add shallots to pan; cook 2 minutes, stirring occasionally.
- ☐ Add wine; bring to a simmer. Cook 30 seconds.
- ☐ Serve with cutlets.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:6.1708695733029%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 220.02kcal (11%), Fat: 8.29g (12.75%), Saturated Fat: 1.93g (12.04%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.78g (0.87%), Cholesterol: 77.89mg (25.96%), Sodium: 197.24mg (8.58%), Alcohol: 2.06g (100%), Alcohol %: 1.66% (100%), Protein: 29.94g (59.88%), Copper: 3.04mg (152.2%), Manganese: 0.15mg (7.71%), Vitamin E: 0.55mg (3.69%), Vitamin B6: 0.06mg (3.22%), Selenium: 2.25µg (3.21%), Iron: 0.51mg (2.82%), Vitamin B1: 0.04mg (2.52%), Phosphorus: 23.88mg (2.39%), Vitamin B3: 0.46mg (2.32%), Vitamin K: 2.35µg (2.24%), Potassium: 65.44mg (1.87%), Magnesium: 6.66mg (1.66%), Zinc: 0.2mg (1.33%), Fiber: 0.33g (1.31%), Calcium: 12.02mg (1.2%)