



## Turkey Cutlets with Roasted Peppers and Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



594 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 2 teaspoons butter
- 0.3 cup less-sodium chicken broth fat-free
- 2 teaspoons sage fresh chopped
- 0.3 cup plum brandy dry
- 2 teaspoons olive oil
- 2 ounces part-skim mozzarella cheese shredded

- 1 large bell pepper red cut into 4 wedges
- 0.5 teaspoon salt
- 4 pound turkey breast cutlets ( )

## Equipment

- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler
- ziploc bags
- slotted spoon

## Directions

- Preheat broiler.
- Place bell pepper wedges, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 10 minutes; peel.
- Heat oil in a large nonstick skillet over medium heat.
- Sprinkle turkey with sage, salt, and pepper.
- Add turkey to pan; cook 2 1/2 minutes on each side or until browned. Top each cutlet with 1 bell pepper piece and 2 tablespoons cheese.
- Add Marsala and broth to pan. Cover and cook 45 seconds or until cheese melts.
- Remove turkey from pan with a slotted spoon.
- Bring Marsala mixture to a boil; cook until reduced to 1/4 cup (about 1 1/2 minutes).
- Remove from heat; add butter, stirring with a whisk until well blended.
- Serve with turkey; garnish with sage leaves, if desired.

## Nutrition Facts

PROTEIN 82.81% FAT 13.53% CARBS 3.66%

## Properties

Glycemic Index:28.5, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:12.235652173343%

## Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 593.95kcal (29.7%), Fat: 8.53g (13.12%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.07g (3.41%), Cholesterol: 297.94mg (99.31%), Sodium: 664.29mg (28.88%), Alcohol: 2.3g (100%), Alcohol %: 0.53% (100%), Protein: 117.43g (234.85%), Copper: 3.05mg (152.66%), Vitamin C: 52.48mg (63.61%), Vitamin A: 1415.05IU (28.3%), Calcium: 123.39mg (12.34%), Manganese: 0.18mg (9.15%), Phosphorus: 80.37mg (8.04%), Vitamin E: 1.01mg (6.77%), Vitamin B6: 0.13mg (6.58%), Iron: 1.13mg (6.26%), Folate: 20.37µg (5.09%), Vitamin B2: 0.09mg (5.05%), Fiber: 0.96g (3.86%), Vitamin K: 3.82µg (3.64%), Selenium: 2.5µg (3.57%), Zinc: 0.53mg (3.54%), Potassium: 123.08mg (3.52%), Magnesium: 11.64mg (2.91%), Vitamin B3: 0.53mg (2.65%), Vitamin B12: 0.15µg (2.48%), Vitamin B1: 0.03mg (2.11%), Vitamin B5: 0.17mg (1.67%)