



Turkey Cutlets with Snap Peas and Carrots

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb turkey breast cutlets uncooked
- 0.5 cup honey
- 1 cup baby carrots
- 0.3 cup water
- 2 cups snow peas fresh

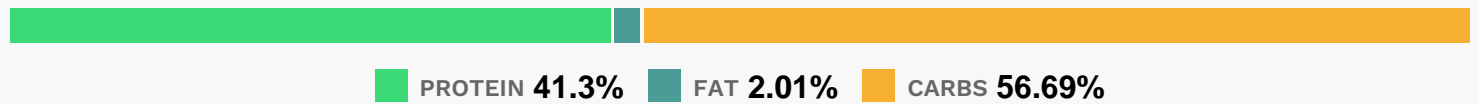
Equipment

- frying pan

Directions

- Place turkey in shallow glass or plastic dish.
- Pour dressing over turkey; turn turkey to coat evenly. Cover dish; let stand 20 minutes at room temperature.
- Spray 12-inch skillet with cooking spray; heat over medium heat.
- Drain dressing from turkey; pat turkey dry. Cook turkey in skillet 3 to 5 minutes, turning once, until brown.
- Add carrots and water. Top turkey and carrots with pea pods. Cover; cook 7 to 9 minutes or until carrots are tender and turkey is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:18.21, Inflammation Score:-10, Nutrition Score:10.236087156379%

Nutrients (% of daily need)

Calories: 281.94kcal (14.1%), Fat: 0.65g (1%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 41.25g (13.75%), Net Carbohydrates: 38.97g (14.17%), Sugar: 38.27g (42.53%), Cholesterol: 70.87mg (23.62%), Sodium: 81.52mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.05g (60.11%), Vitamin A: 4945.43IU (98.91%), Vitamin C: 30.44mg (36.9%), Vitamin K: 15.26µg (14.53%), Manganese: 0.2mg (10.09%), Iron: 1.66mg (9.24%), Fiber: 2.29g (9.15%), Folate: 30.07µg (7.52%), Vitamin B6: 0.12mg (6.11%), Potassium: 195.88mg (5.6%), Vitamin B1: 0.08mg (5.54%), Vitamin B5: 0.52mg (5.25%), Copper: 0.09mg (4.42%), Magnesium: 15.96mg (3.99%), Vitamin B2: 0.07mg (3.93%), Phosphorus: 36.63mg (3.66%), Calcium: 34.3mg (3.43%), Vitamin B3: 0.52mg (2.62%), Zinc: 0.28mg (1.88%), Selenium: 0.97µg (1.39%), Vitamin E: 0.19mg (1.27%)