



Turkey Cutlets with Tomato Cream Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup chicken broth
- 8 ounces pasta like spaghetti hot cooked thin
- 1 tablespoon cornstarch
- 0.5 cup cooking wine dry white
- 0.5 cup flour all-purpose
- 0.3 cup sage leaves fresh loosely packed
- 0.3 cup heavy cream
- 0.5 teaspoon kosher salt

- 0.3 cup olive oil divided
- 0.3 cup parmesan cheese freshly grated
- 0.5 large shallots sliced
- 2 medium tomatoes diced seeded
- 1 pound turkey cutlets

Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Stir together flour and cornstarch in a shallow dish.
- Sprinkle turkey with salt and pepper. Dredge turkey in flour mixture, shaking off excess.
- Cook turkey in 2 Tbsp. hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until golden.
- Drain on paper towels.
- Heat remaining 2 Tbsp. oil in skillet; add sage. Cook, stirring often, 2 to 3 minutes or until crisp and fragrant.
- Remove with a slotted spoon; drain on paper towels.
- Add shallots, and saut 2 to 3 minutes or until tender.
- Add wine, and cook 3 to 4 minutes or until mixture is reduced by half, stirring to loosen brown bits from bottom of skillet.
- Add broth, next 2 ingredients, and turkey. Bring to a boil over medium-high heat; reduce heat to medium-low, and simmer 10 minutes or until mixture is thickened.
- Sprinkle with Parmesan cheese.
- Serve over pasta; top with crispy sage leaves.

Nutrition Facts



■ PROTEIN 29.76% ■ FAT 40.45% ■ CARBS 29.79%

Properties

Glycemic Index:59.63, Glycemic Load:17.51, Inflammation Score:-6, Nutrition Score:14.59434783977%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 514.58kcal (25.73%), Fat: 22.11g (34.01%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 34.23g (12.45%), Sugar: 3.2g (3.56%), Cholesterol: 94.3mg (31.43%), Sodium: 680.55mg (29.59%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 36.59g (73.19%), Copper: 2.6mg (129.76%), Selenium: 23.26µg (33.24%), Manganese: 0.53mg (26.72%), Vitamin E: 2.51mg (16.76%), Vitamin A: 787IU (15.74%), Vitamin K: 13.96µg (13.3%), Phosphorus: 123.16mg (12.32%), Iron: 2.19mg (12.17%), Vitamin B1: 0.18mg (11.98%), Vitamin B2: 0.19mg (11.22%), Folate: 44.14µg (11.04%), Vitamin C: 8.76mg (10.62%), Fiber: 2.39g (9.55%), Calcium: 89.97mg (9%), Vitamin B3: 1.7mg (8.49%), Potassium: 260.74mg (7.45%), Magnesium: 29.54mg (7.39%), Zinc: 0.92mg (6.12%), Vitamin B6: 0.12mg (6.01%), Vitamin B5: 0.27mg (2.75%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.27µg (1.8%)