



## Turkey Milanese

READY IN



32 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 5 ounces baby arugula
- 0.5 teaspoon pepper black freshly ground for seasoning
- 10 ounces cherry tomatoes halved
- 3 eggs beaten
- 0.5 cup flour all-purpose
- 2 cups italian-seasoned bread crumbs
- 0.5 teaspoon kosher salt for seasoning
- 6 servings lemon wedges
- 0.3 cup olive oil for drizzling

- 2 ounce block parmesan
- 1.5 pounds turkey breast ( 8 cutlets)

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- peeler
- meat tenderizer

## Directions

- Using a meat tenderizer or a small, heavy-bottomed saucepan, pound the turkey until 1/8 to 1/4-inch thick.
- Combine the flour, 1/2 teaspoon salt and 1/2 teaspoon pepper in a medium bowl.
- Place the eggs in a second medium bowl.
- Place the bread crumbs in a third medium bowl. Season the turkey on both sides with salt and pepper Dredge the turkey in the flour and shake off any excess flour. Dip the turkey into the eggs and then into the bread crumbs to coat.
- Heat the oil in a large skillet over medium heat. Cook the turkey, in batches, until golden brown and cooked through, 2 to 3 minutes on each side, adding more oil, if needed.
- Remove from the skillet and drain on paper towels.
- Arrange the arugula on a large serving platter and top with the tomatoes.
- Drizzle with olive oil and season with salt and pepper, to taste. Arrange the turkey on top of the tomatoes. Using a vegetable peeler, shave the Parmesan over the turkey.
- Serve with lemon wedges on the side.

## Nutrition Facts



**PROTEIN 30.9%** **FAT 37.9%** **CARBS 31.2%**

## Properties

Glycemic Index:31.92, Glycemic Load:6.03, Inflammation Score:-8, Nutrition Score:28.248695788176%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg, Kaempferol: 8.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 495.35kcal (24.77%), Fat: 20.93g (32.19%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 35.74g (13%), Sugar: 4.22g (4.69%), Cholesterol: 149.9mg (49.97%), Sodium: 1156.49mg (50.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.39g (76.78%), Vitamin B3: 14.7mg (73.51%), Selenium: 48.35µg (69.08%), Vitamin B6: 1.05mg (52.68%), Vitamin K: 53.23µg (50.69%), Phosphorus: 484.75mg (48.47%), Vitamin B1: 0.54mg (36.27%), Vitamin B2: 0.55mg (32.06%), Manganese: 0.63mg (31.41%), Folate: 114.8µg (28.7%), Calcium: 258.68mg (25.87%), Iron: 4.28mg (23.8%), Vitamin A: 1085.27IU (21.71%), Vitamin B12: 1.16µg (19.39%), Vitamin C: 15.93mg (19.3%), Zinc: 2.84mg (18.95%), Magnesium: 71.57mg (17.89%), Potassium: 610.96mg (17.46%), Vitamin B5: 1.72mg (17.22%), Vitamin E: 2.53mg (16.85%), Copper: 0.25mg (12.33%), Fiber: 3.02g (12.08%), Vitamin D: 0.6µg (4%)