



Turkey Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large eggs lightly beaten
- 0.5 cup italian-seasoned breadcrumbs
- 2 tablespoons parmesan cheese grated
- 0.5 cup pasta sauce
- 1.5 pounds turkey breast cutlets
- 2 teaspoons vegetable oil

Equipment

- bowl

- baking sheet
- oven
- wax paper
- microwave

Directions

- Preheat oven to 35
- Combine egg and oil in a shallow dish.
- Combine breadcrumbs and cheese in a shallow dish. Dip cutlets in egg mixture; dredge in breadcrumb mixture.
- Place cutlets on a baking sheet coated with cooking spray.
- Coat cutlets lightly with cooking spray.
- Bake at 350 for 12 to 15 minutes or until done.
- Place marinara sauce in a microwave-safe bowl. Cover with lid or wax paper, and microwave at MEDIUM-HIGH (70% power) 2 minutes or until thoroughly heated, stirring once. Spoon warm sauce over cutlets.
- Serve immediately.
- Tip: You'll have an Italian-inspired classic on the table in less than 30 minutes with this super-quick entre.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:5.8156521631324%

Nutrients (% of daily need)

Calories: 295.09kcal (14.75%), Fat: 5.82g (8.95%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 11.11g (4.04%), Sugar: 2g (2.22%), Cholesterol: 155.14mg (51.71%), Sodium: 485.31mg (21.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.33g (94.65%), Selenium: 8.6µg (12.29%), Vitamin K: 11.98µg (11.41%), Vitamin B1: 0.16mg (10.48%), Manganese: 0.19mg (9.3%), Vitamin B2: 0.15mg (8.7%), Iron: 1.53mg (8.53%), Phosphorus: 75.42mg (7.54%), Folate: 26.63µg (6.66%), Vitamin B3: 1.24mg (6.19%), Calcium: 60.69mg (6.07%),

Vitamin E: 0.81mg (5.39%), Vitamin A: 250.68IU (5.01%), Fiber: 1.19g (4.78%), Potassium: 147.46mg (4.21%), Copper: 0.08mg (4.09%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.55mg (3.68%), Magnesium: 13.87mg (3.47%), Vitamin B12: 0.2µg (3.29%), Vitamin C: 2.55mg (3.09%), Vitamin D: 0.26µg (1.75%)