



Turkey Piccata

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup flour all-purpose
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 2 tablespoons shallots finely chopped
- ☐ 1 turkey breast whole
- ☐ 6 tablespoons butter unsalted

☐ 0.5 cup white wine

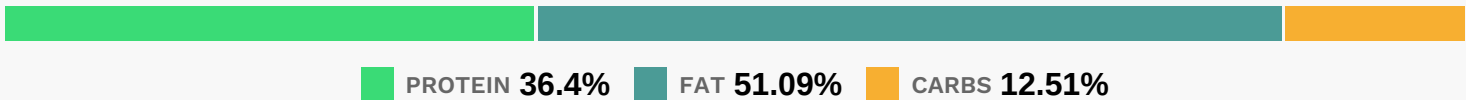
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 200 degrees F.
- ☐ Cut the turkey breast crosswise into 1/2-inch pieces.
- ☐ Place pieces of turkey, 1 at a time, between 2 pieces of plastic wrap. Squirt the meat lightly with water and squirt the top of the plastic wrap as well. Pound to no less than 1/8 inch thickness.
- ☐ Season both sides of meat with salt and pepper and then dredge in flour. Shake off the excess flour. Set aside.
- ☐ In a large saute pan over medium to medium high heat, heat olive oil and 4 tablespoons butter. Once hot, but not yet smoking, brown turkey scaloppine quickly, about 1 minute on each side, and remove to an ovenproof platter.
- ☐ Place in oven to keep warm.
- ☐ Reduce the heat to low and add the shallots to the pan.
- ☐ Saute for 1 to 2 minutes or until they begin to turn translucent.
- ☐ Add wine and lemon juice to the pan and simmer until slightly reduced, about 2 minutes.
- ☐ Add remaining 2 tablespoons butter and whisk to combine. Season with salt and pepper, to taste, if necessary.
- ☐ Pour sauce over turkey, sprinkle with parsley, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:8.98, Inflammation Score:-7, Nutrition Score:23.881304222605%

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 Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.06mg, Hesperetin: 3.06mg, Hesperetin: 3.06mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 499.92kcal (25%), Fat: 27.5g (42.3%), Saturated Fat: 12.35g (77.21%), Carbohydrates: 15.15g (5.05%), Net Carbohydrates: 14.42g (5.24%), Sugar: 1.36g (1.52%), Cholesterol: 150.45mg (50.15%), Sodium: 601.7mg (26.16%), Alcohol: 3.09g (100%), Alcohol %: 1.32% (100%), Protein: 44.08g (88.17%), Vitamin B3: 20.37mg (101.86%), Vitamin B6: 1.56mg (78.12%), Selenium: 49.89µg (71.27%), Phosphorus: 493.46mg (49.35%), Vitamin K: 38.85µg (37%), Vitamin B2: 0.38mg (22.22%), Vitamin B12: 1.26µg (21.07%), Zinc: 2.75mg (18.35%), Vitamin B5: 1.67mg (16.67%), Potassium: 565.12mg (16.15%), Magnesium: 59.05mg (14.76%), Vitamin A: 734.24IU (14.68%), Vitamin B1: 0.2mg (13.28%), Vitamin C: 10.93mg (13.25%), Folate: 52µg (13%), Iron: 2.11mg (11.74%), Vitamin E: 1.67mg (11.13%), Manganese: 0.19mg (9.48%), Copper: 0.14mg (7.03%), Calcium: 43.85mg (4.38%), Vitamin D: 0.51µg (3.4%), Fiber: 0.73g (2.94%)