



Turkey Piccata

READY IN



30 min.

SERVINGS



6

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter divided
- ☐ 1 tablespoon capers drained
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 6 slices optional: lemon halved
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon salt

- ☐ 1 pound turkey breast cutlets boneless
- ☐ 1 teaspoon pepper white

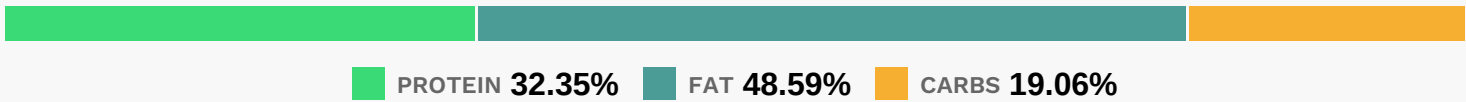
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place turkey between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a rolling pin or the flat side of a meat mallet.
- ☐ Combine flour, salt, and pepper in a shallow dish. Dredge turkey cutlets in flour mixture.
- ☐ Melt 1 Tbsp. butter in 1 Tbsp. olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of turkey, and cook 2 to 3 minutes on each side or until golden brown.
- ☐ Remove turkey from skillet, and place on a wire rack in a jelly-roll pan in a 200 oven to keep warm. Repeat with remaining turkey, 1 Tbsp. butter, and 1 Tbsp. oil as needed.
- ☐ Stir wine and next 3 ingredients into skillet, and cook over medium-high heat 2 minutes or until sauce is slightly thickened.
- ☐ Remove from heat; stir in remaining 1 Tbsp. butter.
- ☐ Place turkey on a serving platter; pour sauce over turkey, and sprinkle evenly with parsley.
- ☐ *1 lb. boneless, skinless chicken thighs or thin-cut boneless pork chops may be substituted.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:5.95, Inflammation Score:-4, Nutrition Score:10.456087133159%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg Hesperetin: 3.99mg, Hesperetin: 3.99mg, Hesperetin: 3.99mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 228.66kcal (11.43%), Fat: 11.78g (18.12%), Saturated Fat: 4.49g (28.07%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 9.73g (3.54%), Sugar: 0.79g (0.88%), Cholesterol: 55.87mg (18.62%), Sodium: 627.21mg (27.27%), Alcohol: 2.06g (100%), Alcohol %: 1.84% (100%), Protein: 17.64g (35.29%), Vitamin B3: 8.18mg (40.9%), Vitamin B6: 0.61mg (30.69%), Selenium: 20.85µg (29.79%), Phosphorus: 198.25mg (19.83%), Vitamin K: 14.67µg (13.97%), Vitamin C: 9.97mg (12.08%), Vitamin B2: 0.17mg (10.17%), Vitamin B12: 0.49µg (8.14%), Vitamin B1: 0.12mg (7.67%), Zinc: 1.11mg (7.42%), Folate: 29.6µg (7.4%), Vitamin B5: 0.68mg (6.82%), Potassium: 238.19mg (6.81%), Magnesium: 25.79mg (6.45%), Iron: 1.14mg (6.34%), Vitamin E: 0.93mg (6.22%), Manganese: 0.12mg (6.05%), Vitamin A: 250.4IU (5.01%), Copper: 0.07mg (3.46%), Fiber: 0.67g (2.68%), Calcium: 20.88mg (2.09%)