



Turkey Piccata

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon capers drained
- ☐ 0.3 cup chicken broth dry white low-sodium
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper white
- ☐ 2 tablespoons juice of lemon divided
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 teaspoon paprika

☐ 0.8 pound turkey breast cutlets

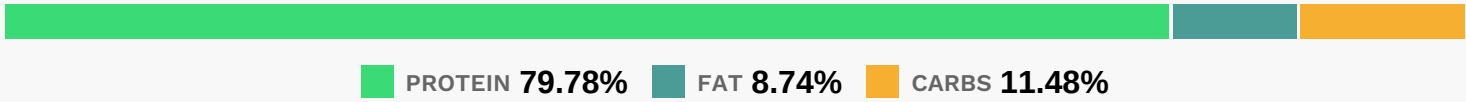
Equipment

☐ frying pan

Directions

- ☐ Drizzle 1 tablespoon lemon juice evenly over cutlets.
- ☐ Combine flour, paprika, and pepper; dredge cutlets in flour mixture.
- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add turkey; cook 2 minutes on each side or until browned.
- ☐ Transfer turkey to a serving platter; set aside, and keep warm.
- ☐ Combine wine and remaining 1 tablespoon lemon juice in pan; bring to a boil over medium heat, stirring constantly.
- ☐ Add capers, and cook 1 minute. To serve, pour caper mixture over cutlets; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:2.4273912725241%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 222.44kcal (11.12%), Fat: 2.14g (3.29%), Saturated Fat: 0.23g (1.42%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.76g (2.09%), Sugar: 0.5g (0.56%), Cholesterol: 106.31mg (35.44%), Sodium: 198.53mg (8.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.94g (87.88%), Vitamin C: 6.13mg (7.43%), Vitamin A: 259.01IU (5.18%), Iron: 0.83mg (4.59%), Vitamin B3: 0.83mg (4.14%), Folate: 14.6µg (3.65%), Vitamin B1: 0.05mg

(3.35%), Manganese: 0.06mg (3.11%), Vitamin K: 3.23µg (3.08%), Vitamin B2: 0.05mg (3%), Selenium: 2.01µg (2.87%), Vitamin E: 0.35mg (2.34%), Copper: 0.05mg (2.32%), Fiber: 0.57g (2.27%), Phosphorus: 18.58mg (1.86%), Potassium: 60.45mg (1.73%), Magnesium: 4.91mg (1.23%), Vitamin B6: 0.02mg (1.21%)