



Turkey Prosciutto Scallopini

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce turkey breast boneless
- ☐ 0.3 cup chicken broth ready-to-serve canned
- ☐ 0.3 cup flour all-purpose
- ☐ 4 ounces fontina grated
- ☐ 1.5 tablespoons butter melted
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 4 slices pancetta thin
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon thyme leaves dried whole
- ☐ 1 tablespoon vegetable oil

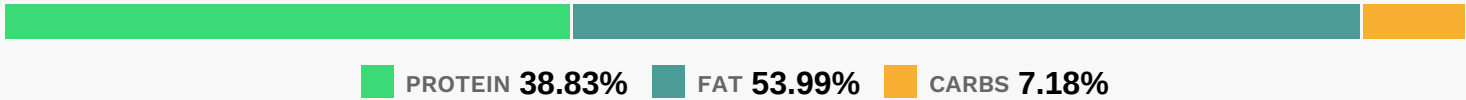
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place turkey between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- ☐ Sprinkle turkey with salt, pepper, and thyme. Dredge in flour.
- ☐ Cook turkey breast slices in margarine and hot oil in a large skillet over medium heat 2 to 3 minutes on each side or until tender.
- ☐ Transfer turkey to a greased 13- x 9- x 2-inch baking dish.
- ☐ Place 1 slice of prosciutto on each turkey slice.
- ☐ Sprinkle evenly with cheeses.
- ☐ Pour broth into dish.
- ☐ Bake, uncovered, at 350 for 15 minutes or until bubbly.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.44, Inflammation Score:-5, Nutrition Score:16.013043526641%

Nutrients (% of daily need)

Calories: 383.62kcal (19.18%), Fat: 22.97g (35.34%), Saturated Fat: 8.73g (54.54%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.64g (2.42%), Sugar: 0.52g (0.58%), Cholesterol: 106.89mg (35.63%), Sodium: 792.02mg (34.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.34%), Vitamin B3: 12.39mg (61.96%), Selenium: 36.91µg (52.73%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 414.56mg (41.46%), Vitamin B12: 1.38µg (23.02%), Zinc: 2.99mg (19.95%), Calcium: 188.75mg (18.87%), Vitamin B2: 0.29mg (16.86%), Vitamin B5: 1.09mg (10.88%), Vitamin A: 507.28IU (10.15%), Potassium: 341.99mg (9.77%), Magnesium: 38.21mg (9.55%), Vitamin B1: 0.13mg (8.52%), Vitamin K: 7.97µg (7.59%), Iron: 1.29mg (7.18%), Folate: 24.42µg (6.1%), Vitamin E: 0.67mg (4.5%), Copper: 0.09mg (4.44%), Manganese: 0.08mg (3.9%), Vitamin D: 0.33µg (2.23%)