



## Turkey Roulade with Cranberries and Chipotle



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons chipotle chile canned minced
- ☐ 0.7 cup cranberries dried chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground chipotle chile powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 2.5 cups onion finely chopped (1 large)

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 teaspoon salt divided
- ☐ 32 ounce turkey tenderloins
- ☐ 0.5 cup white wine

## Equipment

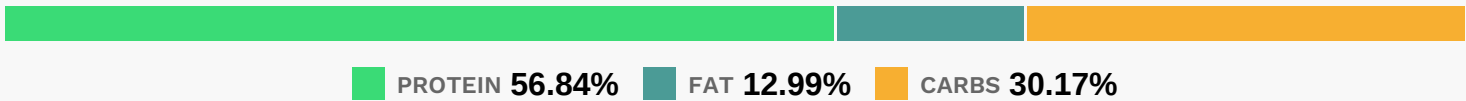
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ meat tenderizer
- ☐ kitchen twine

## Directions

- ☐ To prepare filling, heat 2 teaspoons oil in a medium saucepan over medium heat.
- ☐ Add onion to pan; cook 10 minutes or until tender, stirring occasionally.
- ☐ Add cranberries and next 4 ingredients (through garlic) to pan; cook 10 minutes or until liquid evaporates.
- ☐ Preheat oven to 37
- ☐ To prepare turkey, combine 1/2 teaspoon salt, cumin, and chile powder in a small bowl. Slice tenderloins lengthwise, cutting to, but not through, other side. Open halves, laying tenderloins flat. Slice each half lengthwise, cutting to, but not through, other side; open flat.
- ☐ Place plastic wrap over tenderloins; pound to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle tenderloins evenly with spice mixture.
- ☐ Spread 1/3 cup filling over each tenderloin.
- ☐ Roll up tenderloins jelly-roll fashion, starting with long sides. Secure at 2-inch intervals with twine.

- ☐ Sprinkle remaining 1/2 teaspoon salt and pepper over tenderloins.
- ☐ Heat 2 teaspoons olive oil in a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add tenderloins to pan; cook 3 minutes, turning to brown on all sides.
- ☐ Transfer pan to oven.
- ☐ Bake at 375 for 25 minutes or until a thermometer registers 16
- ☐ Remove from oven; let stand 10 minutes.
- ☐ Remove twine from tenderloins; slice crosswise into 3/4-inch-thick slices.
- ☐ Garnish with oregano sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:1.14, Inflammation Score:-6, Nutrition Score:2.5678260766942%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

## Nutrients (% of daily need)

Calories: 197.77kcal (9.89%), Fat: 2.74g (4.22%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.49g (4.54%), Sugar: 9.72g (10.8%), Cholesterol: 50.62mg (16.87%), Sodium: 372.4mg (16.19%), Alcohol: 1.54g (100%), Alcohol %: 1.02% (100%), Protein: 27.02g (54.05%), Manganese: 0.16mg (8.06%), Fiber: 1.86g (7.43%), Vitamin K: 5.76µg (5.49%), Vitamin C: 3.86mg (4.68%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.53mg (3.55%), Iron: 0.57mg (3.17%), Potassium: 103.55mg (2.96%), Folate: 11.2µg (2.8%), Calcium: 26.46mg (2.65%), Magnesium: 9.44mg (2.36%), Phosphorus: 20.6mg (2.06%), Vitamin B1: 0.03mg (1.87%), Copper: 0.03mg (1.75%), Vitamin B2: 0.02mg (1.41%), Vitamin A: 50.72IU (1.01%)