



Turkey Scallopini

READY IN



20 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 17.6 ounces turkey breast cutlets
- 0.3 cup flour all-purpose
- 0.1 teaspoon salt
- 0.1 teaspoon pepper
- 1 large eggs
- 2 tablespoons water
- 1 cup breadcrumbs soft
- 0.5 cup parmesan cheese grated
- 0.3 cup butter cubed

1 serving parsley fresh minced

Equipment

bowl

frying pan

Directions

Flatten turkey to 1/4-in. thickness. In a shallow bowl, combine the flour, salt and pepper. In another bowl, beat egg and water. In a third shallow bowl, combine bread crumbs and cheese.

Dredge turkey in flour mixture, then dip in egg mixture and coat with crumbs.

Let stand for 5 minutes.

Melt butter in a large skillet over medium-high heat; cook turkey for 2-3 minutes on each side or until meat is no longer pink and coating is golden brown.

Sprinkle with parsley.

Nutrition Facts

 **PROTEIN 37.54%** **FAT 37.62%** **CARBS 24.84%**

Properties

Glycemic Index:47.25, Glycemic Load:4.33, Inflammation Score:-4, Nutrition Score:9.9360870537551%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 441.3kcal (22.06%), Fat: 18.27g (28.11%), Saturated Fat: 9.96g (62.25%), Carbohydrates: 27.15g (9.05%), Net Carbohydrates: 25.67g (9.34%), Sugar: 1.77g (1.96%), Cholesterol: 165.84mg (55.28%), Sodium: 656.52mg (28.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.06%), Selenium: 17.81µg (25.44%), Vitamin B1: 0.33mg (22.16%), Vitamin K: 19.55µg (18.62%), Calcium: 173.41mg (17.34%), Manganese: 0.33mg (16.26%), Phosphorus: 161.07mg (16.11%), Vitamin B2: 0.25mg (14.92%), Folate: 51.77µg (12.94%), Vitamin A: 614.75IU (12.3%), Iron: 2.21mg (12.29%), Vitamin B3: 2.29mg (11.46%), Zinc: 1.17mg (7.83%), Vitamin B12: 0.4µg (6.64%), Fiber: 1.47g (5.9%), Magnesium: 20.17mg (5.04%), Copper: 0.1mg (4.88%), Vitamin B5: 0.44mg (4.36%), Vitamin E: 0.56mg (3.72%), Vitamin B6: 0.07mg (3.45%), Potassium: 111.32mg (3.18%), Vitamin D: 0.31µg (2.08%), Vitamin C: 1.33mg

(1.61%)