



Turkey Scaloppine with Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup breadcrumbs dry
- ☐ 0.3 cup vermouth dry
- ☐ 2 large egg whites lightly beaten
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon olive oil divided

- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 1 cup tomatoes chopped (1 small)
- ☐ 1.5 pounds turkey breast

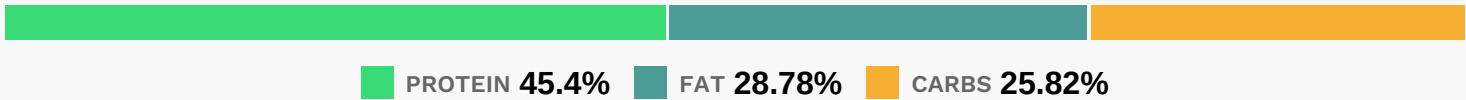
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well. Dip each turkey slice in egg whites; dredge in breadcrumb mixture.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add half of turkey slices; cook 2 to 3 minutes on each side or until turkey is done. Repeat procedure with remaining oil and turkey. Set aside, and keep warm.
- ☐ Combine vermouth, broth, and cornstarch; stir.
- ☐ Add to pan; cook over medium heat, stirring constantly, 1 minute or until slightly thickened.
- ☐ Add tomato; cook until thoroughly heated. Spoon over turkey.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:17.188695472222

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 275.49kcal (13.77%), Fat: 8.3g (12.77%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 16.76g (5.59%), Net Carbohydrates: 15.28g (5.55%), Sugar: 3.53g (3.92%), Cholesterol: 83.35mg (27.78%), Sodium: 1787.21mg (77.7%), Alcohol: 1.42g (100%), Alcohol %: 0.67% (100%), Protein: 29.47g (58.93%), Vitamin B3: 13.43mg (67.14%), Phosphorus: 462.57mg (46.26%), Selenium: 29.22µg (41.75%), Vitamin B6: 0.76mg (38.16%), Vitamin B2: 0.4mg (23.3%), Potassium: 807.19mg (23.06%), Vitamin K: 21.79µg (20.75%), Manganese: 0.31mg (15.41%), Vitamin B1: 0.21mg (14.16%), Iron: 2.43mg (13.5%), Zinc: 1.94mg (12.96%), Magnesium: 51.66mg (12.92%), Vitamin B12: 0.72µg (12%), Folate: 30.85µg (7.71%), Calcium: 77.13mg (7.71%), Vitamin B5: 0.68mg (6.81%), Copper: 0.13mg (6.38%), Vitamin A: 318.42IU (6.37%), Vitamin C: 5.11mg (6.2%), Fiber: 1.48g (5.94%), Vitamin E: 0.69mg (4.58%), Vitamin D: 0.34µg (2.27%)