



## Turkey Smothered with Maple Sweet Potatoes

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



3

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound turkey breast tenderloins
- 0.3 cup cranberries dried
- 0.3 cup orange juice
- 0.3 cup maple syrup reduced-calorie maple-flavored
- 1 tablespoon butter
- 0.3 teaspoon ground cinnamon
- 23 ounces sweet potatoes and into light drained canned

### Equipment

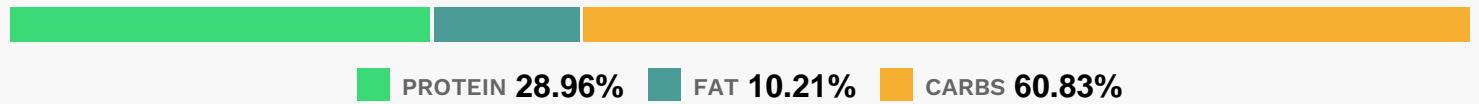
frying pan

sauce pan

## Directions

- Spray 10-inch nonstick skillet with cooking spray; heat over medium heat. Cook turkey in skillet about 5 minutes, turning once, until brown.
- While turkey is cooking, heat cranberries, orange juice, maple syrup, margarine and cinnamon to boiling in 1-quart saucepan. Arrange sweet potatoes around turkey.
- Pour orange juice mixture over turkey and potatoes.
- Cover and cook over low heat 10 minutes. Uncover and cook about 5 minutes longer or until sauce is slightly thickened and juice of turkey is no longer pink when centers of thickest pieces are cut.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:31.48, Inflammation Score:-10, Nutrition Score:18.893043479842%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 530.26kcal (26.51%), Fat: 6.07g (9.33%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 81.31g (27.1%), Net Carbohydrates: 73.95g (26.89%), Sugar: 42.04g (46.71%), Cholesterol: 67.49mg (22.5%), Sodium: 268.91mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.72g (77.44%), Vitamin A: 31043.68IU (620.87%), Manganese: 1.45mg (72.57%), Vitamin B2: 0.6mg (35.22%), Fiber: 7.36g (29.46%), Potassium: 863.57mg (24.67%), Vitamin B6: 0.47mg (23.42%), Vitamin C: 15.59mg (18.9%), Vitamin B5: 1.81mg (18.12%), Copper: 0.35mg (17.32%), Magnesium: 64.9mg (16.23%), Vitamin B1: 0.21mg (14.27%), Calcium: 110.76mg (11.08%), Phosphorus: 107.92mg

(10.79%), Iron: 1.47mg (8.18%), Folate: 30.16µg (7.54%), Vitamin B3: 1.4mg (7%), Vitamin E: 1mg (6.7%), Zinc: 0.93mg (6.2%), Vitamin K: 5.01µg (4.77%), Selenium: 1.41µg (2.02%)