



Turkey Smothered with Maple Sweet Potatoes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



1

CALORIES



1591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

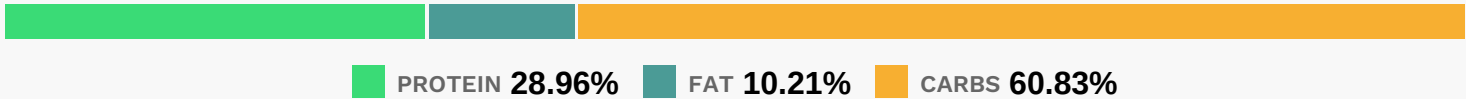
Equipment

- ☐ 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:151.5, Glycemic Load:94.44, Inflammation Score:-10, Nutrition Score:42.615652187363%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg, Myricetin: 1.2mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 1590.77kcal (79.54%), Fat: 18.2g (28%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 243.94g (81.31%), Net Carbohydrates: 221.85g (80.67%), Sugar: 126.12g (140.14%), Cholesterol: 202.48mg (67.49%), Sodium: 806.72mg (35.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 116.16g (232.33%), Vitamin A: 93131.04IU (1862.62%), Manganese: 4.35mg (217.7%), Vitamin B2: 1.8mg (105.66%), Fiber: 22.09g (88.37%), Potassium: 2590.7mg (74.02%), Vitamin B6: 1.4mg (70.25%), Vitamin C: 46.78mg (56.7%), Vitamin B5: 5.44mg (54.35%), Copper: 1.04mg (51.95%), Magnesium: 194.71mg (48.68%), Vitamin B1: 0.64mg (42.8%), Calcium: 332.27mg

(33.23%), Phosphorus: 323.77mg (32.38%), Iron: 4.42mg (24.55%), Folate: 90.49µg (22.62%), Vitamin B3: 4.2mg (20.99%), Vitamin E: 3.01mg (20.09%), Zinc: 2.79mg (18.59%), Vitamin K: 15.03µg (14.31%), Selenium: 4.23µg (6.05%)