



Turkey Tenderloins



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary dried crushed
- ☐ 1 tablespoon mustard dijon-style prepared
- ☐ 3 tablespoons soya sauce
- ☐ 1 pound turkey tenderloins

Equipment

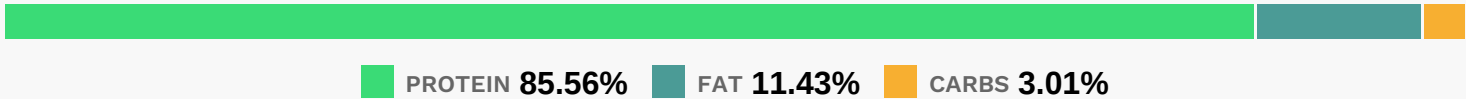
- ☐ bowl
- ☐ oven
- ☐ broiler

- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Place the turkey tenderloins in a sealable plastic bag and set aside.
- ☐ In a small bowl combine the soy sauce, mustard and rosemary.
- ☐ Pour over turkey, seal bag and shake to coat. Marinate in the refrigerator for 1 to 4 hours shaking once or twice.
- ☐ Preheat oven on the broiler setting.
- ☐ Remove the turkey from the marinade and place on the rack in the broiler pan. Broil 4 inches from the heat, turning once, for 20 to 22 minutes or until meat is cooked through and when pierced with a fork the juices run clear. Slice and serve with Cranberry Chutney.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.12, Inflammation Score:1, Nutrition Score:1.0869565152604%

Nutrients (% of daily need)

Calories: 132.05kcal (6.6%), Fat: 1.66g (2.55%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.28g (0.31%), Cholesterol: 50.62mg (16.87%), Sodium: 871.32mg (37.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.8%), Manganese: 0.08mg (4.2%), Vitamin B3: 0.55mg (2.77%), Iron: 0.4mg (2.2%), Phosphorus: 21.64mg (2.16%), Selenium: 1.39µg (1.98%), Magnesium: 7.31mg (1.83%), Vitamin B6: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.37%), Fiber: 0.29g (1.16%), Copper: 0.02mg (1.06%), Vitamin B1: 0.02mg (1.02%)