



Turkey Tenderloins with Black Bean Salsa

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

READY IN



45 min.

SERVINGS



4

CALORIES



661 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce no-salt-added black beans drained canned
- 4 cloves garlic crushed
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 0.5 cup juice of lime fresh
- 1 cup no-salt-added salsa
- 0.3 teaspoon salt
- 1 pound turkey tenderloins

Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Combine black beans and salsa, stirring well. Cover and chill.
- Combine lime juice and next 4 ingredients in a heavy-duty, zip-top plastic bag.
- Add turkey; seal bag, and shake until turkey is well coated. Marinate in refrigerator 20 minutes, turning bag once.
- Remove turkey from marinade, reserving marinade.
- Place marinade in a small saucepan; bring to a boil.
- Remove from heat, and set aside. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place turkey on rack; grill, covered, 8 to 10 minutes on each side or until turkey is done, turning and basting with reserved marinade.
- Cut turkey diagonally across grain into thin slices.
- Serve with Black Bean Salsa.

Nutrition Facts



PROTEIN 29.09% **FAT 45.89%** **CARBS 25.02%**

Properties

Glycemic Index:24.25, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:23.209130281987%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 661.3kcal (33.06%), Fat: 35.37g (54.42%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 30.63g (11.14%), Sugar: 7.35g (8.16%), Cholesterol: 50.62mg (16.87%), Sodium: 234.91mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.45g (100.9%), Manganese: 1.49mg (74.35%), Folate: 217.92µg (54.48%), Fiber: 12.75g (51.01%), Magnesium: 187.25mg (46.81%), Vitamin B3: 9.08mg (45.42%), Vitamin E: 6.02mg (40.14%), Phosphorus: 375.71mg (37.57%), Copper: 0.51mg (25.74%), Vitamin B1: 0.37mg (24.81%), Potassium: 794.27mg (22.69%), Vitamin B6: 0.41mg (20.69%), Iron: 3.62mg (20.11%), Zinc: 2.89mg (19.25%), Vitamin C: 10.22mg (12.39%), Vitamin B2: 0.2mg (11.62%), Vitamin B5: 1mg (9.96%), Calcium: 72.76mg (7.28%), Selenium: 4.41µg (6.3%), Vitamin A: 128.97IU (2.58%)