



Turkey Tenderloins with Caramelized Onions



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 pounds turkey breast tenderloins
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup wine dry white (from 32-oz carton)
- ☐ 2 tablespoons butter
- ☐ 4 cups onion thinly sliced
- ☐ 1 tablespoon brown sugar packed

- ☐ 0.5 teaspoon thyme sprigs dried fresh chopped
- ☐ 0.3 teaspoon pepper

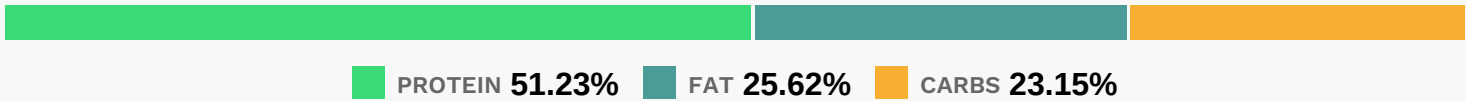
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in 12-inch skillet over medium-high heat.
- ☐ Sprinkle both sides of turkey with salt and 1/4 teaspoon pepper. Cook turkey in oil about 5 minutes, turning once, until brown on both sides.
- ☐ Pour wine into skillet; reduce heat. Cover and simmer 30 to 40 minutes or until juice of turkey is no longer pink when centers of thickest pieces are cut.
- ☐ Remove turkey from skillet; keep warm.
- ☐ Melt butter in skillet over medium-high heat. Cook onions in butter 5 minutes, stirring frequently; reduce heat to medium. Stir in brown sugar, thyme and 1/4 teaspoon pepper. Cook 15 to 20 minutes, stirring occasionally, until onions are golden brown.
- ☐ Slice turkey.
- ☐ Serve turkey with onions.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:2.28, Inflammation Score:-6, Nutrition Score:3.2226086602263%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg Quercetin: 21.66mg, Quercetin: 21.66mg, Quercetin: 21.66mg, Quercetin: 21.66mg

Nutrients (% of daily need)

Calories: 223.46kcal (11.17%), Fat: 6.13g (9.43%), Saturated Fat: 1.44g (9%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.58g (3.85%), Sugar: 6.59g (7.32%), Cholesterol: 50.62mg (16.87%), Sodium: 416.16mg (18.09%), Alcohol: 1.37g (100%), Alcohol %: 0.72% (100%), Protein: 27.57g (55.15%), Vitamin C: 8.17mg (9.9%), Manganese: 0.18mg (8.97%), Fiber: 1.88g (7.52%), Vitamin B6: 0.14mg (6.85%), Folate: 20.57µg (5.14%), Potassium: 173.11mg (4.95%), Vitamin A: 177.89IU (3.56%), Phosphorus: 34.93mg (3.49%), Vitamin B1: 0.05mg (3.36%), Magnesium: 12.88mg (3.22%), Calcium: 30.39mg (3.04%), Copper: 0.05mg (2.32%), Vitamin K: 2.13µg (2.03%), Vitamin B2: 0.03mg (1.98%), Iron: 0.32mg (1.79%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.2mg (1.36%)