



Turkey Tenderloins with Lingonberry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup beef broth fat-free
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon pepper divided
- ☐ 0.7 cup lingonberry preserves
- ☐ 0.5 teaspoon salt divided
- ☐ 1 to 2 shallots minced

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24 ounce turkey tenderloins

Equipment

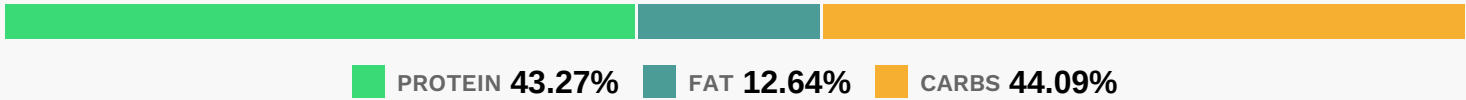
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frying pan

Directions

- ☐
- Melt butter in a skillet over medium-high heat; reduce heat to medium.
- ☐
- Add tenderloins; cook 7 to 9 minutes on each side or until done.
- ☐
- Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐
- Place in serving dish, reserving drippings in skillet.
- ☐
- Add shallot to skillet; saut until crisp-tender.
- ☐
- Add wine; bring to a boil, and boil, stirring constantly, until syrup consistency. Stir in broth; and cook, stirring occasionally, until slightly thickened. Stir in preserves and remaining salt and pepper; simmer 2 to 3 minutes.
- ☐
- Serve with sliced tenderloins; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:14.3, Inflammation Score:-3, Nutrition Score:3.597391333269%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 266.31kcal (13.32%), Fat: 3.51g (5.4%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 26.87g (9.77%), Sugar: 18.67g (20.75%), Cholesterol: 50.62mg (16.87%), Sodium: 417.35mg (18.15%), Alcohol: 2.1g (100%), Alcohol %: 1.26% (100%), Protein: 27.03g (54.06%), Vitamin K: 41.31µg (39.34%), Vitamin C: 6.99mg (8.47%), Vitamin A: 295.14IU (5.9%), Manganese: 0.06mg (2.8%), Fiber: 0.67g (2.69%), Iron: 0.46mg (2.55%), Folate: 10.02µg (2.51%), Copper: 0.05mg (2.38%), Vitamin B2: 0.04mg (2.32%), Potassium: 76.29mg (2.18%), Calcium: 15.91mg (1.59%), Phosphorus: 15.83mg (1.58%), Selenium: 1.03µg (1.47%), Vitamin B3: 0.29mg (1.46%), Vitamin B6: 0.03mg (1.39%), Magnesium: 4.6mg (1.15%)