



Turkey Tenders

READY IN



30 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon canola oil
- 0.3 cup egg substitute
- 0.3 cup flour all-purpose
- 0.3 teaspoon garlic salt
- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 2 tablespoons parmesan cheese grated
- 1 pound turkey breast tenderloins

Equipment

- frying pan
- oven
- broiler pan

Directions

- Preheat oven to 42
- Cut tenderloin in half lengthwise; cut into 20 (2-inch) pieces.
- Place flour in a shallow dish.
- Place egg substitute in another.
- Combine panko, cheese, garlic salt, and pepper in another dish. Dredge turkey in flour; dip in egg substitute, and dredge in breadcrumb mixture.
- Heat oil in a large nonstick skillet over medium-high heat, swirling to coat.
- Add turkey pieces to pan; cook 2 minutes on each side.
- Place turkey pieces on a broiler pan.
- Bake at 425 for 5 minutes. Turn turkey pieces over, and bake an additional 5 minutes or until golden.

Nutrition Facts

PROTEIN 51.79% **FAT 23.71%** **CARBS 24.5%**

Properties

Glycemic Index:26.75, Glycemic Load:4.33, Inflammation Score:-1, Nutrition Score:5.2878260194607%

Nutrients (% of daily need)

Calories: 245.75kcal (12.29%), Fat: 6.39g (9.82%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 14.1g (5.13%), Sugar: 1.12g (1.25%), Cholesterol: 52.8mg (17.6%), Sodium: 387.36mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.76%), Selenium: 14.62µg (20.89%), Vitamin B1: 0.19mg (13%), Vitamin B2: 0.17mg (10%), Manganese: 0.18mg (8.82%), Folate: 29.71µg (7.43%), Iron: 1.33mg (7.37%), Vitamin E: 0.96mg (6.39%), Vitamin B3: 1.24mg (6.19%), Calcium: 59.1mg (5.91%), Phosphorus: 57.45mg (5.74%), Vitamin B5: 0.44mg (4.38%), Zinc: 0.52mg (3.49%), Vitamin K: 3.55µg (3.38%), Fiber: 0.75g (3%), Magnesium: 10.65mg (2.66%),

Copper: 0.05mg (2.36%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.05mg (2.3%), Potassium: 79.3mg (2.27%),
Vitamin D: 0.33µg (2.22%), Vitamin A: 67.31IU (1.35%)