



Turkey Tonnato

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce albacore tuna in water drained canned
- 1 fillet anchovy canned
- 1 tablespoon capers
- 1.3 cups less-sodium chicken broth fat-free divided
- 1 tablespoon flat-leaf parsley fresh chopped
- 2 tablespoons penzey's southwest seasoning dried italian
- 1 teaspoon caper juice
- 2 tablespoons juice of lemon fresh

- 0.5 cup mayonnaise light
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 1.5 pound turkey tenderloins
- 0.3 teaspoon pepper white

Equipment

- food processor
- oven
- baking pan
- kitchen thermometer

Directions

- Preheat oven to 350
- Place turkey tenderloins in an 8-inch square baking dish; rub with oil.
- Sprinkle tenderloins evenly with Italian seasoning, salt, and pepper.
- Pour 1 cup chicken broth into dish.
- Bake, uncovered, at 350 for 35 to 40 minutes or until a thermometer registers 170
- Let stand 10 minutes.
- While turkey stands, place remaining 1/4 cup broth, mayonnaise, and next 5 ingredients in a food processor; process until smooth.
- Remove turkey from dish; discard broth.
- Cut tenderloins diagonally into 1-inch-thick medallions. Spoon sauce over sliced turkey, and sprinkle with parsley.
- Serve warm.
- Tonnato (tohn-NAH-toh) means "tuna sauce" in Italian.

Nutrition Facts



Properties

Glycemic Index:15.55, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:7.5113044096076%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 278.12kcal (13.91%), Fat: 10.83g (16.67%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 4.25g (1.42%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.23g (1.36%), Cholesterol: 78.79mg (26.26%), Sodium: 922.03mg (40.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.34g (80.68%), Vitamin K: 40.54µg (38.61%), Selenium: 24.44µg (34.91%), Vitamin B3: 2.45mg (12.26%), Vitamin E: 1.58mg (10.56%), Phosphorus: 88.24mg (8.82%), Vitamin B12: 0.51µg (8.55%), Iron: 1.3mg (7.22%), Manganese: 0.12mg (6.16%), Vitamin B6: 0.11mg (5.38%), Magnesium: 19.21mg (4.8%), Vitamin D: 0.68µg (4.56%), Calcium: 43.4mg (4.34%), Vitamin C: 3.53mg (4.28%), Potassium: 143.29mg (4.09%), Fiber: 0.97g (3.9%), Copper: 0.05mg (2.55%), Vitamin A: 126.55IU (2.53%), Vitamin B2: 0.04mg (2.49%), Folate: 9.7µg (2.43%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.55%)