



Turkey-Vegetable Parmesan

READY IN



35 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 1 small eggplant cut into 1/4-inch-thick rounds
- ☐ 4 servings flour all-purpose for dredging
- ☐ 0.3 cup basil fresh roughly chopped
- ☐ 4 slices mozzarella cheese fresh thin
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 plum tomatoes chopped

- ☐ 1.3 pounds turkey cutlets
- ☐ 2 tablespoons butter unsalted
- ☐ 1 small zucchini cut into 1/4-inch-thick rounds

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ broiler

Directions

- ☐ Preheat the broiler. Season the eggplant and zucchini with salt.
- ☐ Heat 1 tablespoon olive oil in a large ovenproof skillet over medium-high heat.
- ☐ Add the eggplant in one layer and cook until browned, about 2 minutes per side.
- ☐ Transfer to paper towels.
- ☐ Add another 1 tablespoon olive oil, then repeat with the zucchini.
- ☐ Season the turkey with salt and dredge lightly in flour.
- ☐ Heat the remaining 1 tablespoon olive oil in the skillet, then add the turkey and cook until browned, about 2 minutes per side.
- ☐ Transfer to a plate.
- ☐ Heat 1 tablespoon butter in the skillet.
- ☐ Add the tomatoes; when they sizzle, add the wine and bring to a boil.
- ☐ Add 1/4 teaspoon salt. Return the turkey to the skillet; arrange the eggplant, zucchini and basil on the cutlets and spoon the tomatoes on top. Top with the mozzarella and parmesan.
- ☐ Cut the remaining 1 tablespoon butter into pieces and add to the skillet. Simmer until the turkey is cooked through, about 3 minutes.
- ☐ Transfer to the broiler; cook about 1 minute.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:5.84, Inflammation Score:-7, Nutrition Score:12.532173804615%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 497.46kcal (24.87%), Fat: 25.34g (38.99%), Saturated Fat: 9.82g (61.4%), Carbohydrates: 16.8g (5.6%), Net Carbohydrates: 12.47g (4.53%), Sugar: 6.21g (6.9%), Cholesterol: 131.46mg (43.82%), Sodium: 554.91mg (24.13%), Alcohol: 3.09g (100%), Alcohol %: 0.96% (100%), Protein: 46.22g (92.45%), Manganese: 0.47mg (23.56%), Calcium: 224.84mg (22.48%), Vitamin K: 21.66µg (20.63%), Phosphorus: 202.07mg (20.21%), Fiber: 4.33g (17.31%), Vitamin A: 843.22IU (16.86%), Vitamin E: 2.32mg (15.49%), Vitamin C: 12.32mg (14.93%), Selenium: 10.05µg (14.36%), Potassium: 481.28mg (13.75%), Folate: 54.53µg (13.63%), Vitamin B2: 0.22mg (13.11%), Vitamin B12: 0.74µg (12.37%), Vitamin B6: 0.21mg (10.27%), Zinc: 1.54mg (10.24%), Magnesium: 38.36mg (9.59%), Vitamin B1: 0.14mg (9.39%), Vitamin B3: 1.59mg (7.93%), Iron: 1.37mg (7.63%), Copper: 0.15mg (7.57%), Vitamin B5: 0.53mg (5.27%), Vitamin D: 0.25µg (1.66%)