



Turkey With Ancho-Orange Sauce

 **Gluten Free**

READY IN



40 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons ancho chile powder
- 1.5 teaspoons dijon mustard
- 2 teaspoons ground cumin
- 0.5 cup heavy cream
- 2 tablespoons honey
- 4 servings kosher salt
- 1 cup chicken broth low-sodium
- 2 tablespoons olive oil extra-virgin

- 1 large onion spanish halved sliced
- 3 tablespoons orange juice fresh
- 0.5 teaspoon orange zest grated
- 2 pounds sweet potatoes (4 medium)
- 1.5 pounds turkey cutlets

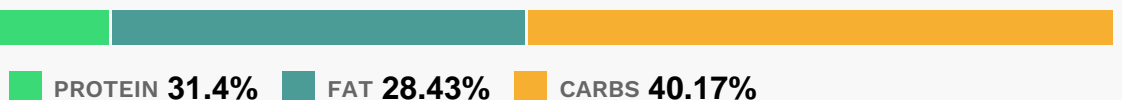
Equipment

- bowl
- frying pan
- microwave

Directions

- Pierce the sweet potatoes all over with a fork; put them in a microwave-safe dish and microwave until tender, about 20 minutes. Halve the sweet potatoes and scoop the flesh into a bowl. Mash with a fork until fluffy; cover and keep warm.
- Meanwhile, pat the turkey dry and sprinkle with 1 tablespoon chile powder and 1 teaspoon salt.
- Heat the olive oil in a large cast-iron skillet over medium-high heat.
- Add the turkey and cook until browned, 3 to 4 minutes per side.
- Transfer to a plate.
- Wipe out the skillet and place over high heat.
- Add the onion and cook, stirring, until dark around the edges, 4 to 6 minutes. Stir in the remaining 1 tablespoon chile powder and the cumin; cook 30 seconds.
- Add the broth, heavy cream, honey, mustard, and orange zest and juice; simmer until thickened, about 5 minutes.
- Add the turkey and warm through, 1 minute.
- Serve with the mashed sweet potatoes.

Nutrition Facts



Properties

Glycemic Index:56.57, Glycemic Load:28.5, Inflammation Score:-10, Nutrition Score:20.559565160585%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 618.59kcal (30.93%), Fat: 19.89g (30.61%), Saturated Fat: 8.09g (50.58%), Carbohydrates: 63.26g (21.09%), Net Carbohydrates: 54.17g (19.7%), Sugar: 22.04g (24.49%), Cholesterol: 139.93mg (46.64%), Sodium: 512.61mg (22.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.44g (98.89%), Vitamin A: 33840.23IU (676.8%), Manganese: 0.75mg (37.68%), Fiber: 9.09g (36.37%), Vitamin B6: 0.63mg (31.64%), Potassium: 1028.35mg (29.38%), Vitamin E: 3.45mg (23%), Copper: 0.45mg (22.51%), Vitamin B5: 2.01mg (20.1%), Magnesium: 75.31mg (18.83%), Iron: 3.39mg (18.81%), Vitamin C: 15.28mg (18.52%), Phosphorus: 174.08mg (17.41%), Vitamin B2: 0.27mg (16.01%), Vitamin B1: 0.23mg (15.45%), Vitamin B3: 2.72mg (13.6%), Vitamin K: 13.72µg (13.07%), Calcium: 124.98mg (12.5%), Folate: 38.72µg (9.68%), Zinc: 1.14mg (7.58%), Selenium: 4.05µg (5.78%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.78%)