



Turkey with Apple Slices

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon chicken soup base
- 1 tablespoon apple cider vinegar
- 1 teaspoon dijon mustard
- 2 tablespoons maple syrup
- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when sliced
- 8 ounces turkey breast tenderloins

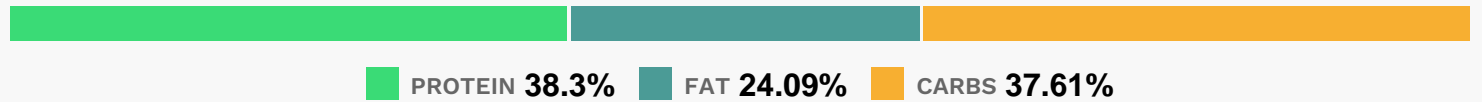
Equipment

- frying pan

Directions

- In a large skillet, cook turkey in butter over medium heat for 4-5 minutes on each side or until the juices run clear.
- Remove from the skillet; cover and keep warm.
- In the same skillet, combine the syrup, vinegar, mustard and bouillon.
- Add the apple; cook and stir over medium heat for 2-3 minutes or until apple is tender.
- Serve with turkey.

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:3.9173913043478%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 277.44kcal (13.87%), Fat: 7.49g (11.53%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 26.33g (8.78%), Net Carbohydrates: 24.04g (8.74%), Sugar: 21.6g (24%), Cholesterol: 65.74mg (21.91%), Sodium: 270.9mg (11.78%), Protein: 26.81g (53.61%), Manganese: 0.52mg (26.09%), Vitamin B2: 0.28mg (16.7%), Fiber: 2.29g (9.17%), Vitamin C: 4.2mg (5.09%), Vitamin A: 225.86IU (4.52%), Potassium: 154.82mg (4.42%), Calcium: 31.98mg (3.2%), Magnesium: 10.75mg (2.69%), Vitamin K: 2.53µg (2.41%), Vitamin B1: 0.03mg (2.28%), Vitamin E: 0.34mg (2.25%), Vitamin B6:

0.04mg (1.99%), Phosphorus: 15.82mg (1.58%), Selenium: 1.07 μ g (1.52%), Copper: 0.03mg (1.35%), Zinc: 0.2mg (1.35%), Iron: 0.19mg (1.07%)