



Turkey with Bacon and Greens

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon sliced cut into 1/4-inch strips
- 2 cloves garlic chopped
- 0.3 teaspoon fresh-ground pepper black
- 1 onion chopped
- 0.8 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 1.5 pounds swiss chard washed chopped well
- 4 turkey cutlets

- 1 tablespoon water

Equipment

- frying pan
- paper towels
- oven
- pot
- slotted spoon

Directions

- Put the Swiss chard and the water in a medium pot. In a large nonstick frying pan, cook the bacon until crisp.
- Drain on paper towels.
- Pour off and reserve all but 1 tablespoon of the bacon fat, which you should leave in the pan.
- Put the pan with the one tablespoon of fat over moderately low heat.
- Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- Add the garlic and cook, stirring, 30 seconds longer.
- Add the mixture to the Swiss chard. Bring the water to a simmer, cover, and cook over low heat until the greens are wilted and tender, about 5 minutes.
- Meanwhile, heat 2 tablespoons of the reserved bacon fat in the frying pan over moderately high heat. Season the turkey cutlets with 1/4 teaspoon of the salt and the pepper. Cook until just done, 1 to 2 minutes per side.
- Remove the cutlets from the pan so that they don't overcook.
- Remove the Swiss chard from the heat. Stir in the sour cream and the remaining 1/2 teaspoon salt.
- Remove the greens from the pot with a slotted spoon, leaving the sauce. Divide the greens among four plates. Top each pile of chard with a turkey cutlet. Spoon some of the sauce over the top and sprinkle with the bacon.
- Menu Suggestions: Since the recipe includes a vegetable, you can finish off the meal simply with steak fries or buttered orzo.

- Wine Recommendation: This quick saut will be great with a fairly acidic red wine, which will cut through the richness of the bacon and match the acidity of the sour cream. Look for a Beaujolais or try a grenache-based wine from California.
- Serve it slightly chilled.

Nutrition Facts

■ PROTEIN **41.19%**
■ FAT **45.91%**
■ CARBS **12.9%**

Properties

Glycemic Index:30.25, Glycemic Load:1.89, Inflammation Score:-10, Nutrition Score:23.793478105379%

Flavonoids

Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 10.05mg, Kaempferol: 10.05mg, Kaempferol: 10.05mg, Kaempferol: 10.05mg Myricetin: 5.31mg, Myricetin: 5.31mg, Myricetin: 5.31mg, Myricetin: 5.31mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 340.85kcal (17.04%), Fat: 17.71g (27.25%), Saturated Fat: 6.74g (42.12%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.03g (4.48%), Cholesterol: 105.67mg (35.22%), Sodium: 1048.01mg (45.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.75g (71.5%), Vitamin K: 1412.58µg (1345.31%), Vitamin A: 10594.11IU (211.88%), Vitamin C: 53.79mg (65.2%), Magnesium: 147.44mg (36.86%), Manganese: 0.71mg (35.32%), Vitamin E: 3.45mg (23.03%), Potassium: 784.65mg (22.42%), Iron: 3.48mg (19.31%), Copper: 0.34mg (16.97%), Vitamin B6: 0.31mg (15.38%), Phosphorus: 151.39mg (15.14%), Vitamin B2: 0.23mg (13.74%), Fiber: 3.25g (13.01%), Calcium: 127.18mg (12.72%), Selenium: 8.65µg (12.36%), Vitamin B1: 0.17mg (11.19%), Vitamin B3: 1.89mg (9.46%), Folate: 30.83µg (7.71%), Zinc: 1.11mg (7.39%), Vitamin B5: 0.59mg (5.91%), Vitamin B12: 0.2µg (3.37%)