



## Turkey with Balsamic-Honey Sauce

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup balsamic vinegar
- 2 eggs lightly beaten
- 0.3 cup honey
- 4 teaspoons soy sauce reduced-sodium
- 2 tablespoons olive oil
- 0.3 cup raisins
- 0.8 cup seasoned bread crumbs
- 0.3 cup slivered almonds

17.6 ounces turkey breast cutlets

## Equipment

bowl

frying pan

whisk

## Directions

In a small bowl, whisk the vinegar, honey and soy sauce until blended; set aside.

Place eggs and bread crumbs in separate shallow bowls. Dip turkey slices into eggs, then coat with crumbs.

In a large skillet, saute turkey in oil in batches for 2 minutes on each side or until no longer pink.

Remove and keep warm. Stir vinegar mixture and add to the skillet; add the raisins and almonds. Cook and stir over medium heat for 5 minutes or until thickened.

Serve over turkey.

## Nutrition Facts



**PROTEIN 33.17%** **FAT 27.08%** **CARBS 39.75%**

## Properties

Glycemic Index:42.77, Glycemic Load:15.7, Inflammation Score:-2, Nutrition Score:10.265217335328%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 474.2kcal (23.71%), Fat: 14.32g (22.03%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 44.66g (16.24%), Sugar: 23.85g (26.5%), Cholesterol: 160.03mg (53.34%), Sodium: 580.14mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.93%), Manganese: 0.49mg (24.3%), Vitamin E: 3.05mg (20.31%), Selenium: 12.84µg (18.34%), Vitamin B2: 0.31mg (18.08%), Vitamin B1: 0.25mg (16.73%), Iron: 2.6mg (14.46%), Vitamin K: 14.63µg (13.93%), Phosphorus: 137.85mg (13.79%), Folate: 42.98µg (10.75%), Fiber: 2.64g (10.56%), Magnesium: 41.63mg (10.41%), Copper: 0.19mg (9.3%), Vitamin B3: 1.83mg (9.15%), Calcium: 85.41mg (8.54%), Potassium: 270.97mg (7.74%), Zinc: 0.94mg (6.29%), Vitamin B6: 0.12mg (5.76%), Vitamin B5: 0.54mg (5.44%), Vitamin B12: 0.27µg (4.58%), Vitamin A: 162.29IU (3.25%), Vitamin D: 0.44µg (2.93%), Vitamin C: 1.2mg (1.46%)