



Turkey with Orange Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound turkey breast tenderloins
- 0.5 teaspoon salt divided
- 0.3 teaspoon pepper
- 2 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1 cup orange juice
- 1.5 teaspoons juice of lemon
- 2 teaspoons butter

Equipment

- bowl
- kitchen thermometer
- microwave

Directions

- Sprinkle turkey with 1/4 teaspoon salt and pepper; place in a microwave-safe 11x7-in. dish. Cover, venting one corner, and microwave on high for 3 minutes.
- Turn turkey; cover and microwave 1 to 1-1/2 minutes longer or until turkey is no longer pink and a thermometer reads 170°
- In a microwave-safe bowl, combine the cornstarch, brown sugar, orange juice, lemon juice, butter and remaining salt. Microwave, uncovered, on high for 1 to 1-1/2 minutes or until thickened; stir until smooth.
- Serve with turkey.

Nutrition Facts

PROTEIN 58.81% **FAT 18.11%** **CARBS 23.08%**

Properties

Glycemic Index:33.5, Glycemic Load:3.3, Inflammation Score:-3, Nutrition Score:3.0395651806308%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 7.68mg, Hesperetin: 7.68mg, Hesperetin: 7.68mg, Hesperetin: 7.68mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 183.26kcal (9.16%), Fat: 3.67g (5.64%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 10.34g (3.76%), Sugar: 8.17g (9.08%), Cholesterol: 56mg (18.67%), Sodium: 384.29mg (16.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.8g (53.6%), Vitamin C: 31.73mg (38.46%), Folate: 19.1µg (4.78%), Potassium: 132.27mg (3.78%), Vitamin B1: 0.06mg (3.77%), Vitamin A: 187.27IU (3.75%), Magnesium: 7.5mg (1.88%), Copper: 0.03mg (1.57%), Manganese: 0.03mg (1.4%), Vitamin B6: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.26mg (1.28%), Phosphorus: 11.74mg (1.17%), Vitamin B2: 0.02mg (1.17%), Calcium: 10.78mg

(1.08%)