



Turkey A L' orange

Number of Servings: 2
Calories Per Serving: 391
PCF Ratio: 39-25-36

Single Serving Comment: 1/2 of recipe

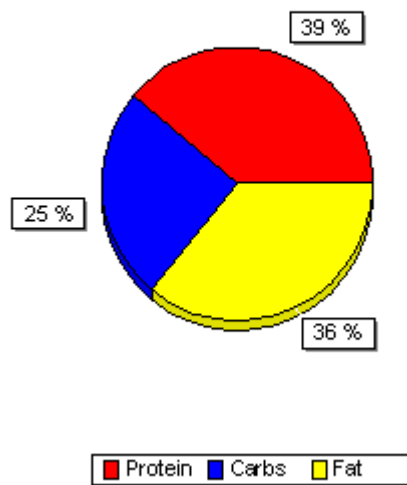
Cooking Instructions

Ingredients:

- 1.5 Oranges
 - 1.5 tbsp Orange Marmalade
 - 1.5 tsp Corn Starch
 - 1.5 tsp Olive Oil
 - 1/2 tsp ground Black Pepper
 - 350g raw Turkey Breast
- (serves 2)

Squeeze 1/3 cup of orange juice from one orange. Cut the remaining orange into 1/4 inch thick slices. Stir orange juice, brandy, 1/2 cup of water, marmalade, and cornstarch until blended. In a non stick skillet, heat oil. Add turkey and sprinkle with pepper. Cook until lightly browned on the outside. Add orange slices to skillet and cook for 2 minutes. Transfer orange slices to platter with turkey. stir juice mixture to blend add to skillet and heat to boiling. Pour sauce over turkey.

39-25-36 Ratio



Nutrition Information

Serving Size: 1/2 of recipe (295g)
 Servings: 1

Amount Per Serving

Calories 390 **Calories from Fat** 140

% Daily Value*

Total Fat 15g **24%**

Saturated Fat 4g **19%**

Cholesterol 110mg **37%**

Sodium 110mg **5%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **10%**

Sugars 18 g

Protein 38 g

Vitamin A 6% ■ Vitamin C 100%

Calcium 8% ■ Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
ORANGE, CALIFORNIA, RAW	navels (2 7/8" dia)	1 1/2	210	102.9	1.9	26.3	17.9	4.1	4.7		9
MARMALADE, ORANGE		1 1/2 tbsp	30	73.8	.1	19.9	18				

Turkey A L' orange (continued)

CORNSTARCH		1.13 tsp	3	11.4		2.7								
OLIVE OIL	salad or cooking	1 1/2 tsp	7	59.7										
TURKEY BREAST, RAW	all classes. meat/skin	3/4 lb	340	534.1	74.5									
PEPPER, BLACK, GROUND		0.19 tsp	0	1	.0	.3								
Recipe Total:			590	782.9	76.5	49.2	35.9	4.1	4.7					9
Single Serving Total:			221	391.5	38.3	24.6	17.9	2.1	2.4					4.5

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
ORANGE, CALIFORNIA, RAW			4.6	.3	.0					25.2	518.7	.1	.1	.9
MARMALADE, ORANGE			.2							.9	18.6			.0
CORNSTARCH			.0											
OLIVE OIL				6.8	.9	.1	.7							
TURKEY BREAST, RAW				23.9	6.5	.3	5.1	221.1		6.8	20.4	.2	.4	17.7
PEPPER, BLACK, GROUND			.1	.0						.1	1.2			
Recipe Total:			5	31	7.5	.4	5.8	221.1		33	558.9	.3	.5	18.6
Single Serving Total:			2.5	15.5	3.7	.2	2.9	110.6		16.5	279.4	.2	.3	9.3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folate Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
ORANGE, CALIFORNIA, RAW	.5	.2	71.4	71.4		71.4			124.1		.3		90.3	23.1
MARMALADE, ORANGE			2.7	2.7		2.7			1.4		.0		11.4	.6
CORNSTARCH													.1	.1
OLIVE OIL											1		.1	
TURKEY BREAST, RAW	2.1	1.6	23.8	23.8		23.8	1.4						44.2	81.6
PEPPER, BLACK, GROUND			.0	.0		.0			.1				1.7	.8
Recipe Total:			2.7	1.8	98	98	1.4		125.6		1.3		147.8	106.2
Single Serving Total:			1.3	.9	49	49	.7		62.8		.7		73.9	53.1

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
ORANGE, CALIFORNIA, RAW	48.3	348.6	2.1			.1			.3	.1			.2
MARMALADE, ORANGE	1.2	11.1	16.8			.0			.0			.2	.0

Turkey A L' orange (continued)

CORNSTARCH	.4	.1	.3						.0			.1		
OLIVE OIL		.1	.1						.0					
TURKEY BREAST, RAW	632.8	935.5	200.7			.3			4.1	.1		76.2	5.3	
PEPPER, BLACK, GROUND	.7	5	.2						.1	.0		.0		
Recipe Total:	683.3	1300.4	220.2			.4			4.6	.2		76.5	5.5	
Single Serving Total:	341.7	650.2	110.1			.2			2.3	.1		38.2	2.8	