

# Turkey Waldorf

Oxford House Inn - Fryeburg, ME  
*The Great Country Inns of America Cookbook (2nd ed) (1992)*

## Servings: 4

*flour for dredging*  
*salt (to taste)*  
*freshly ground pepper (to taste)*  
*1 pound turkey cutlets*  
*3/4 cup clarified butter or vegetable oil*  
*1/2 cup apple jack OR apple brandy*  
*1 pint whipping cream*  
*4 Granny Smith apples, peeled, cored and sliced*  
*1/2 cup walnut halves*

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Season the flour with salt and pepper.

Lightly pound the turkey with a mallet or the side of a meat cleaver.

In a saute' pan, heat the butter just until it begins to smoke. Saute' the turkey quickly until tender but not crisp. Pour off the butter and keep the turkey warm over low heat.

Add the apple jack, cream, apples and walnuts. Simmer until the liquid is reduced enough to coat the back of a spoon.

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Per Serving (excluding unknown items): 472 Calories; 44g Fat (81.8% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 163mg Cholesterol; 48mg Sodium. Exchanges: 1 Fruit; 1/2 Non-Fat Milk; 9 Fat.

Turkey

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	472
<b>% Calories from Fat:</b>	81.8%
<b>% Calories from Carbohydrates:</b>	15.8%
<b>% Calories from Protein:</b>	2.3%
<b>Total Fat (g):</b>	44g
<b>Saturated Fat (g):</b>	27g
<b>Monounsaturated Fat (g):</b>	13g
<b>Polyunsaturated Fat (g):</b>	2g
<b>Cholesterol (mg):</b>	163mg
<b>Carbohydrate (g):</b>	19g
	3g

<b>Vitamin B6 (mg):</b>	.1mg
<b>Vitamin B12 (mcg):</b>	.2mcg
<b>Thiamin B1 (mg):</b>	.1mg
<b>Riboflavin B2 (mg):</b>	.1mg
<b>Folacin (mcg):</b>	6mcg
<b>Niacin (mg):</b>	trace
<b>Caffeine (mg):</b>	0mg
<b>Alcohol (kcal):</b>	0
<b>% Refused:</b>	0 0%

## Food Exchanges

0  
1

**Dietary Fiber (g):**  
**Protein (g):** 3g  
**Sodium (mg):** 48mg  
**Potassium (mg):** 255mg  
**Calcium (mg):** 82mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 6mg  
**Vitamin A (i.u.):** 1810IU  
**Vitamin A (r.e.):** 506 1/2RE

**Grain (Starch):**  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1  
**Non-Fat Milk:** 1/2  
**Fat:** 9  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 472 **Calories from Fat:** 387

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#### % Daily Values\*

<b>Total Fat</b>	44g	68%
	Saturated Fat 27g	137%
<b>Cholesterol</b>	163mg	54%
<b>Sodium</b>	48mg	2%
<b>Total Carbohydrates</b>	19g	6%
	Dietary Fiber 3g	10%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	36%
<b>Vitamin C</b>	10%
<b>Calcium</b>	8%
<b>Iron</b>	1%

*\* Percent Daily Values are based on a 2000 calorie diet.*