



Annie's Turkey Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



200 min.

SERVINGS



10

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 eggs
- 0.8 cup mayonnaise
- 10 ounce mustard-mayonnaise blend
- 16 ounce toppings: such as pickles sweet chopped
- 6 cups turkey meat cooked

Equipment

- bowl
- sauce pan

Directions

- Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool, peel and chop.
- In a large bowl, thoroughly mix the eggs, turkey, pickles, prepared sandwich and salad sauce and mayonnaise. Chill in the refrigerator approximately 3 hours before serving.

Nutrition Facts

PROTEIN 31.74% **FAT 53.16%** **CARBS 15.1%**

Properties

Glycemic Index:8.2, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:15.406956569008%

Nutrients (% of daily need)

Calories: 304.64kcal (15.23%), Fat: 17.84g (27.45%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 9.73g (3.54%), Sugar: 8.96g (9.95%), Cholesterol: 161.54mg (53.85%), Sodium: 762.42mg (33.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.95%), Selenium: 37.11µg (53.02%), Vitamin K: 49.25µg (46.91%), Vitamin B3: 7.03mg (35.18%), Vitamin B6: 0.62mg (31.22%), Phosphorus: 254.18mg (25.42%), Vitamin B12: 1.3µg (21.61%), Vitamin B2: 0.32mg (18.67%), Zinc: 2.15mg (14.31%), Vitamin B5: 1.25mg (12.51%), Vitamin A: 545.35IU (10.91%), Magnesium: 42.8mg (10.7%), Iron: 1.78mg (9.91%), Potassium: 325.08mg (9.29%), Manganese: 0.17mg (8.32%), Vitamin B1: 0.12mg (7.94%), Vitamin E: 1.17mg (7.78%), Calcium: 70.9mg (7.09%), Fiber: 1.67g (6.69%), Copper: 0.12mg (6.11%), Folate: 21.57µg (5.39%), Vitamin D: 0.73µg (4.86%)