



## Black Friday Turkey Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 tablespoons bacon crumbled cooked
- 0.1 teaspoon pepper red crushed
- 2 tablespoons dill pickle relish
- 0.5 cup mayonnaise (such as Hellman's®)
- 0.5 cup pepperoncini finely chopped
- 4 servings salt to taste
- 0.8 cup cheddar cheese shredded
- 2 cups turkey leftover coarsely chopped

3 tablespoons mustard yellow prepared (such as Plochman's®)

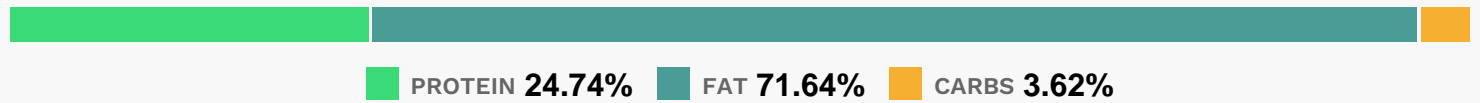
## Equipment

bowl

## Directions

Stir together mayonnaise, mustard, bacon, Cheddar cheese, relish, pepperoncini, red pepper, and salt in a large bowl; add the turkey and stir to coat.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:15.226956719938%

## Nutrients (% of daily need)

Calories: 443.57kcal (22.18%), Fat: 35.04g (53.91%), Saturated Fat: 9.31g (58.21%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.84g (1.03%), Sugar: 0.7g (0.77%), Cholesterol: 112.71mg (37.57%), Sodium: 849.67mg (36.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.47%), Selenium: 33.16µg (47.37%), Vitamin K: 47.86µg (45.58%), Vitamin B3: 7.38mg (36.9%), Phosphorus: 292.9mg (29.29%), Vitamin B6: 0.53mg (26.62%), Vitamin B2: 0.32mg (19%), Zinc: 2.79mg (18.62%), Calcium: 172.18mg (17.22%), Vitamin B12: 1.01µg (16.84%), Vitamin C: 12.94mg (15.68%), Magnesium: 37.64mg (9.41%), Vitamin B5: 0.91mg (9.14%), Vitamin E: 1.31mg (8.74%), Potassium: 270.34mg (7.72%), Vitamin A: 350.84IU (7.02%), Iron: 1.25mg (6.92%), Vitamin B1: 0.1mg (6.47%), Copper: 0.11mg (5.55%), Fiber: 1.14g (4.58%), Folate: 17.52µg (4.38%), Manganese: 0.08mg (3.99%), Vitamin D: 0.48µg (3.18%)