



WHATSheATE



Boar's Head® Ovengold® Turkey Slaw



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced
- ☐ 4 tablespoons canola oil
- ☐ 1.5 pounds cabbage green
- ☐ 4 tablespoons green onion diced
- ☐ 1 cup rice wine white vinegar
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 tablespoon sesame seed toasted
- ☐ 1 cup sugar

☐ 1 pound boar's head oven gold roasted breast of turkey thick sliced

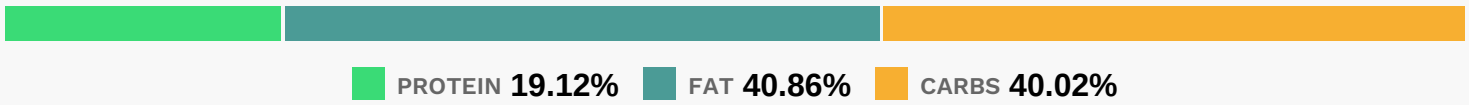
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Julienne turkey into 1/4" x 1/4" x 2" long strips.
- ☐ Core and shred cabbage coarsely. Toss in large mixing bowl with green onions and toasted almonds.
- ☐ In a separate bowl, add sugar to rice wine vinegar and whisk until sugar is completely dissolved.
- ☐ Whisk in canola and sesame oil.
- ☐ Pour evenly over turkey and cabbage mixture and toss evenly to coat.
- ☐ Garnish with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:18.84, Inflammation Score:-5, Nutrition Score:15.998695586039%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 313.44kcal (15.67%), Fat: 14.57g (22.42%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 32.11g (10.7%), Net Carbohydrates: 28.73g (10.45%), Sugar: 28.17g (31.3%), Cholesterol: 30.62mg (10.21%), Sodium: 133.62mg (5.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.68%), Vitamin K: 76.08µg (72.45%), Vitamin C: 31.69mg (38.41%), Vitamin B3: 6.19mg (30.94%), Vitamin B6: 0.56mg (28.15%), Vitamin E: 3.72mg (24.78%), Phosphorus: 204.44mg (20.44%), Selenium: 13.99µg (19.99%), Manganese: 0.38mg (18.99%), Fiber: 3.38g (13.52%), Vitamin B2: 0.23mg (13.32%), Magnesium: 51.19mg (12.8%), Folate: 46.88µg (11.72%), Potassium: 359.06mg (10.26%), Copper: 0.16mg (8.21%), Zinc: 1.23mg (8.17%), Calcium: 75.2mg (7.52%), Vitamin B5: 0.66mg (6.64%), Iron: 1.18mg (6.54%), Vitamin B1: 0.09mg (6.3%), Vitamin B12: 0.36µg (5.95%), Vitamin A: 124.73IU (2.49%)