



WHATSheATE



Cajun turkey salad with guacamole



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tbsp sesame seed
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 500 g turkey breast cutlets cut into strips
- ☐ 1 tbsp cajun spice
- ☐ 1 large bell pepper red seeded sliced quartered
- ☐ 120 g the salad
- ☐ 130 g guacamole
- ☐ 200 g tortilla chips

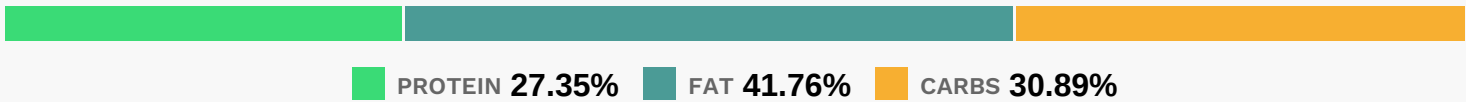
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a large frying pan or wok, sprinkle in the sesame seeds and toss them over a fairly high heat for about a minute until theyre slightly golden.
- ☐ Add the oil to the pan or wok, tip in the turkey, Cajun seasoning and red pepper and stir fry for about 5 minutes until the turkey turns from pink to white.
- ☐ While the turkeys sizzling, divide the herb salad between four dinner plates then, as soon as the turkeys done, spoon it over the salad, making sure to include all the spicy juices. Top each serving with a spoonful of guacamole, pile tortilla chips on the side of each plate and serve.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:18.154348124628%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 529.67kcal (26.48%), Fat: 25.29g (38.91%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 35.22g (12.81%), Sugar: 2.52g (2.8%), Cholesterol: 78.13mg (26.04%), Sodium: 234.87mg (10.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.27g (74.54%), Vitamin C: 62.71mg (76.01%), Vitamin A: 2511.18IU (50.22%), Vitamin E: 6.47mg (43.11%), Fiber: 6.86g (27.45%), Vitamin K: 21.03µg (20.03%), Magnesium: 78.47mg (19.62%), Vitamin B6: 0.39mg (19.41%), Phosphorus: 185.4mg (18.54%), Folate: 67.48µg (16.87%), Copper: 0.33mg (16.4%), Iron: 2.52mg (13.99%), Manganese: 0.27mg (13.69%), Potassium: 446.55mg (12.76%), Vitamin B5: 1.25mg (12.55%), Calcium: 111.44mg (11.14%), Vitamin B1: 0.16mg (10.94%), Zinc: 1.49mg (9.91%), Vitamin B3: 1.93mg (9.63%), Vitamin B2: 0.16mg (9.36%), Selenium: 4.15µg (5.92%)