



WHATSheATE



HEALTH SCORE

57%

Chinese Turkey Salad



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



648 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup almonds toasted sliced (see Cook's Note)
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 piece ginger fresh peeled finely chopped
- ☐ 2 cloves garlic peeled smashed
- ☐ 0.5 head iceberg lettuce shredded
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 cup soya sauce low-sodium

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons maple syrup
- ☐ 8 ounces napa cabbage shredded
- ☐ 1 cup orange juice
- ☐ 2 tablespoons orange juice
- ☐ 0.5 bell pepper red stemmed cut into 1/4-inch-thick strips
- ☐ 1 pound the of 1 cos lettuce
- ☐ 3 scallions thinly sliced
- ☐ 1 tablespoon sesame seed toasted
- ☐ 3 pound turkey half-breast bone-in skinless
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups vegetable oil
- ☐ 10 2-inch wonton wrappers cut into 1/-wide strips

Equipment

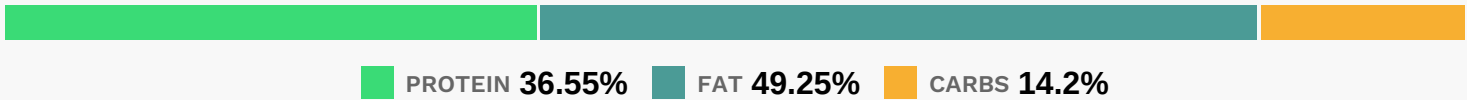
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ For the turkey: In a 4 or 5-quart saucepan, combine the chicken broth, soy sauce, orange juice, garlic and ginger.
- ☐ Add the turkey, breast-side down, and bring the mixture to a boil over medium-high heat. Reduce the heat to a simmer, cover the pan and cook until a meat thermometer inserted into the thickest part of the breast registers 165 degrees F, 45 to 50 minutes.
- ☐ Let the turkey cool for 20 minutes. Using 2 forks, shred the meat into 2-inch pieces.

- ☐ For the wontons: In a heavy, medium saucepan, heat the vegetable oil over medium heat until a deep-fry thermometer registers 375 degrees F. (If you don't have a thermometer, a cube of bread should brown in about 4 minutes.)
- ☐ Add the wontons and fry until golden, 30 to 45 seconds.
- ☐ Drain on paper towels. Set aside.
- ☐ For the dressing: In a medium bowl, whisk together the grapeseed oil, soy sauce, vinegar, maple syrup, orange juice, sesame seeds, 1 1/2 teaspoons salt and 1/2 teaspoon pepper until smooth. Season with additional salt and pepper, if needed.
- ☐ For the salad: In a large salad bowl, toss together the almonds, romaine, iceberg lettuce, Napa cabbage, scallions and bell pepper.
- ☐ Add the dressing and the shredded turkey and toss until coated.
- ☐ Garnish with the fried wontons and serve.

Nutrition Facts



Properties

Glycemic Index:66.42, Glycemic Load:5.11, Inflammation Score:-10, Nutrition Score:45.695217370987%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 5.62mg, Hesperetin: 5.62mg, Hesperetin: 5.62mg, Hesperetin: 5.62mg Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg, Naringenin: 1.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

Nutrients (% of daily need)

Calories: 647.75kcal (32.39%), Fat: 36.53g (56.2%), Saturated Fat: 5.48g (34.27%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 19.11g (6.95%), Sugar: 11.77g (13.08%), Cholesterol: 122.62mg (40.87%), Sodium: 2552.89mg (111%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61g (122.01%), Vitamin K: 166.5µg (158.57%), Vitamin A: 7440.52IU (148.81%), Vitamin B3: 26.45mg (132.24%), Vitamin B6: 2.1mg (105.19%), Phosphorus: 770.62mg

(77.06%), Selenium: 53.8µg (76.86%), Vitamin C: 52.18mg (63.25%), Folate: 212.56µg (53.14%), Vitamin B2: 0.79mg (46.38%), Manganese: 0.91mg (45.34%), Potassium: 1424.77mg (40.71%), Magnesium: 147.44mg (36.86%), Vitamin E: 4.93mg (32.84%), Zinc: 4.32mg (28.82%), Vitamin B12: 1.59µg (26.44%), Vitamin B5: 2.28mg (22.78%), Copper: 0.45mg (22.67%), Iron: 4.08mg (22.66%), Vitamin B1: 0.28mg (18.37%), Fiber: 4.58g (18.33%), Calcium: 169.66mg (16.97%), Vitamin D: 0.23µg (1.51%)