



Chipotle Turkey Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup turkey meat cooked chopped
- ☐ 0.3 cup onion white red chopped
- ☐ 0.3 cup celery chopped
- ☐ 1 Tbsp jalapeño chili pepper fresh canned chopped (to desired heat)
- ☐ 1 Tbsp cilantro leaves chopped
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon chipotle powder to taste ()
- ☐ 2 servings salt and pepper black freshly ground to taste

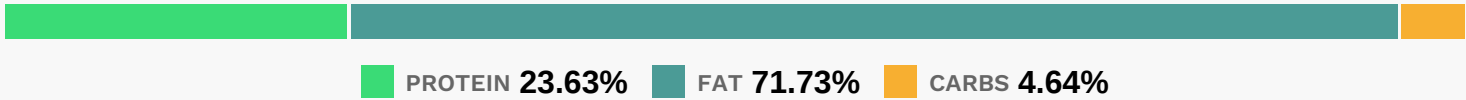
Equipment

☐ bowl

Directions

- ☐ Mix chipotle powder into mayonnaise.
- ☐ Put turkey, onion, celery, jalapeño, cilantro into a medium sized bowl. Fold in the seasoned mayonnaise until well mixed.
- ☐ Add salt and freshly ground black pepper to taste.
- ☐ Serve with avocados and sliced tomatoes, as a salad or in a sandwich.

Nutrition Facts



Properties

Glycemic Index:109, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:11.089565297832%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 282.57kcal (14.13%), Fat: 22.41g (34.48%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.64g (1.83%), Cholesterol: 58.66mg (19.55%), Sodium: 276.19mg (12.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.61g (33.22%), Vitamin K: 51.52µg (49.06%), Vitamin B3: 5.86mg (29.3%), Vitamin B6: 0.54mg (26.79%), Selenium: 16.71µg (23.87%), Vitamin C: 12.7mg (15.4%), Phosphorus: 151.94mg (15.19%), Vitamin B12: 0.9µg (15.03%), Vitamin B2: 0.16mg (9.51%), Zinc: 1.41mg (9.42%), Vitamin E: 1.17mg (7.82%), Potassium: 263.52mg (7.53%), Vitamin B5: 0.71mg (7.14%), Magnesium: 24.89mg (6.22%), Vitamin A: 255.85IU (5.12%), Iron: 0.86mg (4.79%), Copper: 0.09mg (4.34%), Folate: 16.58µg (4.15%), Manganese: 0.08mg (4.05%), Vitamin B1: 0.06mg (3.73%), Fiber: 0.77g (3.09%), Calcium: 22.04mg (2.2%), Vitamin D: 0.2µg (1.31%)