



Chopped Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



379 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.3 cups apples chopped (1 large)
- ☐ 0.5 cup apple cider vinaigrette
- ☐ 0.5 cup candied pecans chopped
- ☐ 0.8 cup carrots chopped
- ☐ 0.5 cup edamame green frozen shelled thawed (soybeans)
- ☐ 1 cup goat cheese crumbled
- ☐ 0.5 cup green onions sliced
- ☐ 8 cups hearts of romaine lettuce finely chopped (2 hearts)

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1 cup turkey breast diced cooked

Equipment

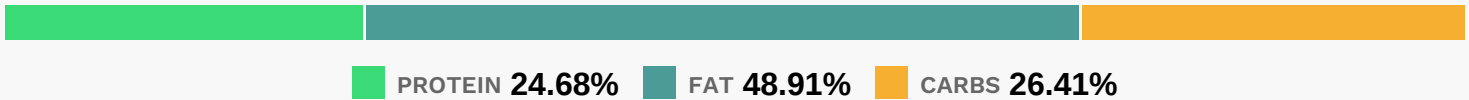
☐

bowl

Directions

- ☐
- Combine first 6 ingredients in a large bowl.
- ☐
- Drizzle with Apple Cider Vinaigrette; toss well.
- ☐
- Sprinkle with pecans and goat cheese.
- ☐
- Kids Can Help: Kids can help with a number of things in this salad, from chopping the lettuce to cutting the chicken or turkey to making the vinaigrette.

Nutrition Facts



Properties

Glycemic Index:37.9, Glycemic Load:3.81, Inflammation Score:-10, Nutrition Score:24.477825994077%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg, Catechin: 0.91mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 4.53mg, Epicatechin: 4.53mg, Epicatechin: 4.53mg, Epicatechin: 4.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 379.37kcal (18.97%), Fat: 21.02g (32.35%), Saturated Fat: 9.49g (59.32%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 19.21g (6.98%), Sugar: 16.32g (18.13%), Cholesterol: 52.35mg (17.45%), Sodium: 321.79mg (13.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.87g (47.75%), Vitamin A: 17299.84IU (346%), Vitamin K: 178.58µg (170.08%), Folate: 218.21µg (54.55%), Phosphorus: 275.35mg (27.54%), Copper: 0.54mg (27.02%), Fiber: 6.33g (25.32%), Vitamin B2: 0.4mg (23.73%), Vitamin B6: 0.46mg (22.75%), Iron: 3.92mg (21.76%), Potassium: 719.76mg (20.56%), Vitamin B3: 3.81mg (19.07%), Manganese: 0.38mg (18.83%), Calcium: 178mg (17.8%), Selenium: 10.9µg (15.58%), Vitamin C: 11.71mg (14.19%), Vitamin B1: 0.2mg (13.41%), Magnesium: 45.53mg (11.38%),

Vitamin B5: 1.05mg (10.45%), Zinc: 1.51mg (10.09%), Vitamin E: 0.59mg (3.96%), Vitamin B12: 0.21µg (3.49%),
Vitamin D: 0.23µg (1.51%)