



Chopped Turkey Salad with Cranberry Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado pitted cut into chunks
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 head leaf lettuce green chopped
- ☐ 2 navel oranges peeled
- ☐ 0.5 small onion red thinly sliced
- ☐ 8 ounces turkey cooked chopped
- ☐ 6 servings cranberry vinaigrette

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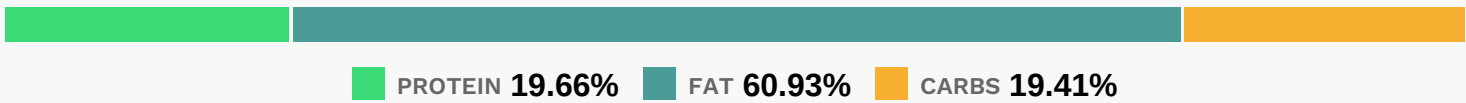
O.5 cup walnuts toasted coarsely chopped

Equipment

Directions

- ☐ Place lettuce on large serving platter or individual salad plates; arrange next 6 ingredients on top.
- ☐ Drizzle with Cranberry Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:21.463043560152%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg, Hesperetin: 10.21mg Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg, Naringenin: 3.31mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 257.92kcal (12.9%), Fat: 18.39g (28.29%), Saturated Fat: 5.26g (32.88%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 8.29g (3.01%), Sugar: 5.45g (6.06%), Cholesterol: 33.5mg (11.17%), Sodium: 267.6mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Vitamin A: 4769.14IU (95.38%), Vitamin K: 83.44µg (79.47%), Vitamin C: 37.4mg (45.33%), Manganese: 0.56mg (28.22%), Vitamin B6: 0.43mg (21.65%), Folate: 85.79µg (21.45%), Phosphorus: 204.31mg (20.43%), Fiber: 4.9g (19.58%), Vitamin B3: 3.37mg (16.84%), Calcium: 160.17mg (16.02%), Vitamin B2: 0.25mg (14.97%), Potassium: 522.02mg (14.91%), Copper: 0.29mg (14.33%), Selenium: 9.48µg (13.54%), Vitamin B5: 1.28mg (12.82%), Magnesium: 50.09mg (12.52%), Zinc: 1.66mg (11.05%), Vitamin B1: 0.15mg (10.14%), Vitamin B12: 0.56µg (9.3%), Iron: 1.36mg (7.53%), Vitamin E: 1.05mg (7%),

Vitamin D: 0.17µg (1.17%)