



Chutney Curried Turkey Salad

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



486 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce water chestnuts drained and rinsed sliced canned
- ☐ 1 teaspoons curry powder
- ☐ 3 green onions chopped
- ☐ 0.3 cup mango chutney
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons orange juice fresh
- ☐ 5 servings garnish: orange rind strips
- ☐ 1 tablespoon orange rind grated

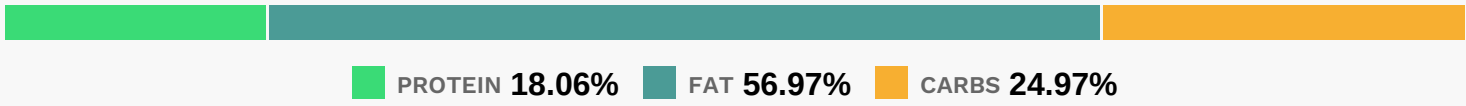
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 small purple onion halved thinly sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 5 servings spinach leaves
- ☐ 4 cups turkey cubed cooked

Equipment

Directions

- ☐ Combine first 8 ingredients.
- ☐ Add turkey and next 4 ingredients; toss well. Cover and chill 3 hours, if desired.
- ☐ Serve on spinach-lined plates; garnish, if desired.
- ☐ *1/4 cup orange marmalade and 1 teaspoon balsamic vinegar may be substituted. Omit orange rind and juice.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:7.37, Inflammation Score:-10, Nutrition Score:26.585217709127%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 486.43kcal (24.32%), Fat: 31.39g (48.29%), Saturated Fat: 6.57g (41.07%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 25.02g (9.1%), Sugar: 12.76g (14.18%), Cholesterol: 80.23mg (26.74%), Sodium: 740.52mg (32.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.39g (44.78%), Vitamin K: 197.57µg (188.17%), Vitamin A: 3161.67IU (63.23%), Vitamin C: 34.61mg (41.95%), Vitamin B6: 0.73mg (36.27%), Vitamin B3: 7.17mg (35.86%), Manganese: 0.68mg (33.99%), Vitamin E: 4.81mg (32.06%), Selenium: 20.2µg (28.86%), Phosphorus: 262.69mg (26.27%), Vitamin B2: 0.42mg (24.95%), Fiber: 5.94g (23.75%), Folate: 90.32µg (22.58%), Magnesium: 87.13mg (21.78%), Potassium: 640.91mg (18.31%), Vitamin B12: 1.05µg (17.42%), Copper: 0.34mg (16.97%), Iron: 3.05mg (16.95%), Zinc: 2.4mg (16.01%), Calcium: 131.44mg (13.14%), Vitamin B5: 1.03mg (10.34%), Vitamin B1: 0.13mg (8.88%), Vitamin D: 0.28µg (1.89%)