



Club Sandwich Salad with Corn and Feta

 Gluten Free

READY IN



26 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup seasoned croutons
- 1 teaspoon dijon mustard
- 0.3 cup feta cheese crumbled
- 1 clove garlic minced
- 1 cup grape tomatoes halved
- 0.3 cup olive oil
- 0.5 teaspoon oregano dried
- 6 cups romaine lettuce

- 4 servings salt and pepper black
- 0.5 teaspoon sugar
- 4 slices at least of turkey bacon cooked chopped
- 6 ounces turkey breast cooked chopped
- 0.3 cup citrus champagne vinegar
- 15.3 ounce kernel corn whole drained del monte® canned

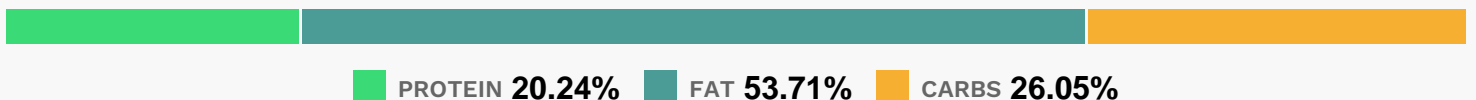
Equipment

- bowl
- frying pan
- whisk

Directions

- Coat a large skillet with nonstick cooking spray.
- Heat skillet over medium-high heat. Cook canned corn in hot skillet for 6 to 8 minutes or until light brown, stirring occasionally.
- Remove from heat. Set aside and let cool.
- Combine cooled corn, romaine, chopped turkey breast, turkey bacon and tomatoes in a large bowl.
- Drizzle with the Oregano Vinaigrette; toss to combine. To serve, arrange salad on four serving plates. Top with feta and croutons.
- Combine vinegar, mustard, garlic, sugar and oregano in a small bowl. Slowly add olive oil, whisking constantly. Season to taste with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:4.63, Inflammation Score:-10, Nutrition Score:21.999565300734%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 385.4kcal (19.27%), Fat: 23.18g (35.67%), Saturated Fat: 5.21g (32.53%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 22.81g (8.3%), Sugar: 2.37g (2.64%), Cholesterol: 47.81mg (15.94%), Sodium: 995.23mg (43.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.65g (39.3%), Vitamin A: 6517.3IU (130.35%), Vitamin K: 86.14µg (82.04%), Folate: 151.65µg (37.91%), Vitamin B3: 6.55mg (32.77%), Phosphorus: 293.97mg (29.4%), Selenium: 18.78µg (26.83%), Vitamin B6: 0.52mg (26.2%), Vitamin B2: 0.29mg (17.34%), Vitamin E: 2.48mg (16.53%), Potassium: 577.1mg (16.49%), Manganese: 0.29mg (14.69%), Zinc: 1.96mg (13.07%), Iron: 2.2mg (12.24%), Vitamin C: 10.08mg (12.22%), Magnesium: 47.31mg (11.83%), Vitamin B1: 0.17mg (11.56%), Calcium: 110.98mg (11.1%), Fiber: 2.49g (9.94%), Vitamin B12: 0.53µg (8.83%), Copper: 0.16mg (7.75%), Vitamin B5: 0.63mg (6.26%)