



Cranberry and Turkey Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup almonds sliced
- 2 stalks celery chopped
- 0.5 cup cranberries dried
- 2 tablespoons mayonnaise
- 3 cups turkey cooked chopped

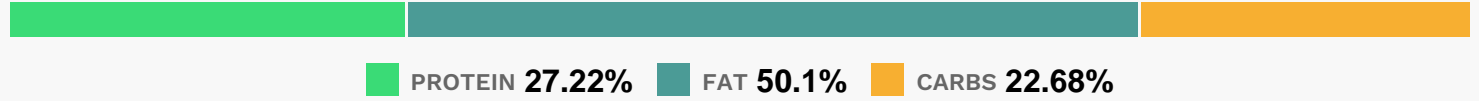
Equipment

- bowl

Directions

Mix turkey, cranberries, almonds, celery, and mayonnaise in a bowl until well blended.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:12.005217425201%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 268.77kcal (13.44%), Fat: 15.38g (23.66%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 13.1g (4.76%), Sugar: 11.85g (13.17%), Cholesterol: 56.62mg (18.87%), Sodium: 144.82mg (6.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Vitamin B3: 6.25mg (31.26%), Vitamin B6: 0.48mg (24.17%), Vitamin E: 3.61mg (24.09%), Selenium: 16.68µg (23.83%), Phosphorus: 199.22mg (19.92%), Vitamin K: 18.42µg (17.54%), Vitamin B2: 0.29mg (16.82%), Manganese: 0.33mg (16.65%), Vitamin B12: 0.92µg (15.3%), Magnesium: 52.56mg (13.14%), Zinc: 1.74mg (11.58%), Fiber: 2.56g (10.24%), Copper: 0.19mg (9.69%), Potassium: 312.11mg (8.92%), Vitamin B5: 0.75mg (7.53%), Iron: 1.18mg (6.56%), Calcium: 49.06mg (4.91%), Folate: 17.83µg (4.46%), Vitamin B1: 0.07mg (4.42%), Vitamin A: 136.21IU (2.72%), Vitamin D: 0.24µg (1.58%)