



## Crunchy Holiday Turkey Salad

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



11 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup carrots shredded
- 0.3 cup celery finely chopped
- 2 Tbsp cranberries dried
- 0.3 cup green onions finely chopped
- 0.3 cup miracle whip dressing light
- 2 cups turkey cooked chopped

### Equipment

- bowl

## Directions

- Combine dressing, vegetables and cranberries in large bowl.
- Add turkey; mix lightly. Cover.
- Refrigerate at least 30 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.77, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.73043478345094%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 11.27kcal (0.56%), Fat: 0.34g (0.52%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.77g (0.86%), Cholesterol: 3.72mg (1.24%), Sodium: 19.32mg (0.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.21%), Vitamin A: 146.6IU (2.93%), Vitamin B3: 0.4mg (1.98%), Vitamin B6: 0.03mg (1.6%), Vitamin K: 1.64µg (1.56%), Selenium: 1.07µg (1.53%), Vitamin B12: 0.06µg (1.01%)