



Crunchy Turkey Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 stalks celery chopped
- 2 tablespoons parsley fresh chopped
- 6 servings ground pepper black to taste
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 0.3 cup mayonnaise
- 1 tablespoon mustard dijon-style prepared
- 0.3 teaspoon salt

- 0.3 cup cup heavy whipping cream sour
- 2 tart apples cored cubed
- 1 cup turkey meat cubed cooked
- 0.5 cup walnuts chopped

Equipment

- bowl
- whisk

Directions

- In a large bowl, combine the turkey, celery, apples and walnuts.
- Prepare the dressing in a small bowl by whisking together the sour cream, mayonnaise, parsley, lemon juice, honey, mustard, salt and pepper.
- Pour over turkey mixture and toss to evenly coat. Refrigerate until chilled.

Nutrition Facts

PROTEIN 13.11% **FAT 62.29%** **CARBS 24.6%**

Properties

Glycemic Index:47.05, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:8.5660870049311%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 219.75kcal (10.99%), Fat: 15.88g (24.44%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.59g (4.21%), Sugar: 10.19g (11.32%), Cholesterol: 25.21mg (8.4%), Sodium: 226.59mg (9.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin K: 42.93µg (40.89%), Manganese: 0.4mg (20.07%), Vitamin B6: 0.25mg (12.51%), Vitamin B3: 2.15mg (10.74%), Selenium: 7.26µg (10.38%), Copper: 0.21mg (10.27%), Phosphorus: 101.36mg (10.14%), Fiber: 2.52g (10.09%), Vitamin C: 7.15mg (8.67%), Magnesium: 29.67mg (7.42%), Potassium: 230.71mg (6.59%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.86mg (5.73%), Vitamin A: 282.29IU (5.65%), Folate: 22.14µg (5.53%), Vitamin B12: 0.32µg (5.34%), Vitamin B1: 0.07mg (4.54%), Iron: 0.76mg (4.23%), Vitamin E: 0.6mg (4.03%), Vitamin B5: 0.39mg (3.94%), Calcium: 35.95mg (3.59%)