



Curried Turkey Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups baby salad greens mixed
- 1 cup carrots shredded (matchstick)
- 2 teaspoons curry powder
- 0.1 teaspoon ground pepper red
- 0.5 teaspoon kosher salt
- 4 teaspoons juice of lime fresh
- 1 cup yogurt plain low-fat
- 1 cup bell pepper red chopped

3 tablespoons thai basil fresh (or regular basil)

5 cups turkey cooked chopped

Equipment

bowl

whisk

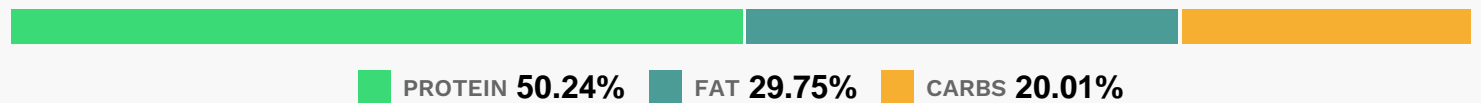
Directions

Put plain yogurt, fresh lime juice, curry powder, ground red pepper, and salt in a medium bowl, and stir with a whisk until smooth. Fold in the chopped turkey, chopped red bell pepper, fresh basil, and shredded matchstick carrots.

Arrange 1 1/2 cups of the mixed baby lettuce on each of 4 plates. Spoon 1 cup of the turkey salad on each plate of greens.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.46, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:25.963912994965%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 251.23kcal (12.56%), Fat: 8.35g (12.85%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 10.56g (3.84%), Sugar: 7.59g (8.43%), Cholesterol: 93.14mg (31.05%), Sodium: 512.59mg (22.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.44%), Vitamin A: 7412.13IU (148.24%), Vitamin C: 65.91mg (79.89%), Vitamin B3: 10.62mg (53.11%), Vitamin B6: 0.99mg (49.6%), Selenium: 28.98µg (41.4%), Phosphorus: 365.08mg (36.51%), Vitamin B12: 1.86µg (30.98%), Vitamin B2: 0.45mg (26.26%), Potassium: 732.87mg (20.94%), Zinc: 3.11mg (20.74%), Vitamin B5: 1.66mg (16.56%), Folate: 63.98µg (15.99%), Calcium:

155.13mg (15.51%), Magnesium: 60.39mg (15.1%), Vitamin K: 13.47µg (12.83%), Manganese: 0.26mg (12.8%), Iron: 2.11mg (11.71%), Vitamin B1: 0.15mg (10.02%), Copper: 0.17mg (8.51%), Fiber: 2.07g (8.28%), Vitamin E: 1.19mg (7.94%), Vitamin D: 0.37µg (2.49%)