



Curried Turkey Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup apples sweet such as fuji
- 4 servings pepper black freshly ground
- 2 teaspoons curry powder
- 3 tablespoons cilantro leaves fresh coarsely chopped
- 2 teaspoons ginger fresh minced peeled
- 4 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 2 tablespoons olive oil

- 0.3 cup raisins
- 2 teaspoons shallots minced
- 0.5 cup yogurt plain
- 0.5 cup coconut dried shredded unsweetened toasted

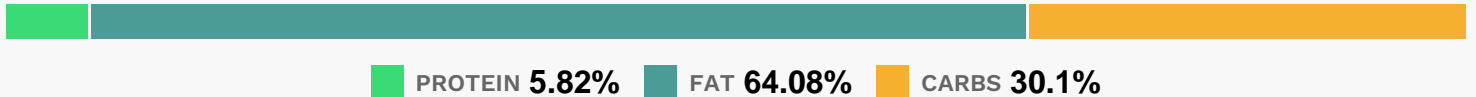
Equipment

- bowl
- whisk

Directions

- Whisk together the yogurt, olive oil, lemon juice, curry powder, ginger, and shallot in a medium, nonreactive bowl until smooth.
- Add the remaining measured ingredients, season with salt and pepper, and stir until evenly combined. Beverage pairing: Lustau Los Arcos Dry Amontillado, Spain. Though it's not an obvious pairing, dry amontillado sherry from the south of Spain is a great match for curry. Its nuttiness and honey flavor (without the sweetness) just seem to merge perfectly with the earth tones of curry. Chill the wine and drink it in small quantities, as it's fortified.

Nutrition Facts



Properties

Glycemic Index:51.2, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:5.6026087195977%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 196.62kcal (9.83%), Fat: 14.79g (22.76%), Saturated Fat: 7.7g (48.13%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 12.31g (4.48%), Sugar: 5.05g (5.61%), Cholesterol: 0.61mg (0.2%), Sodium: 225.47mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Manganese: 0.41mg (20.67%), Fiber: 3.32g (13.26%), Vitamin E: 1.32mg (8.83%), Phosphorus: 85.58mg (8.56%), Potassium: 262.49mg (7.5%), Calcium: 73.81mg (7.38%), Copper: 0.14mg (7.14%), Vitamin K: 6.75µg (6.43%), Vitamin B2: 0.11mg (6.38%), Magnesium: 23.44mg (5.86%), Iron: 1.04mg (5.78%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.09mg (4.68%), Vitamin C: 3.43mg (4.16%), Zinc: 0.61mg (4.04%), Vitamin B5: 0.32mg (3.16%), Vitamin B12: 0.19µg (3.11%), Vitamin B1: 0.04mg (2.6%), Folate: 8.4µg (2.1%), Vitamin B3: 0.28mg (1.38%)