



Curried Turkey Salad with Cashews



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



993 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 celery stalks chopped
- ☐ 2 tablespoons curry powder
- ☐ 0.3 cup wine dry white
- ☐ 3 spring onion chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mango chutney
- ☐ 1.5 cups mayonnaise

- ☐ 6 servings olive oil
- ☐ 0.5 cup raisins
- ☐ 0.7 cup roasted cashews salted
- ☐ 4 pound turkey breast with skin and bones

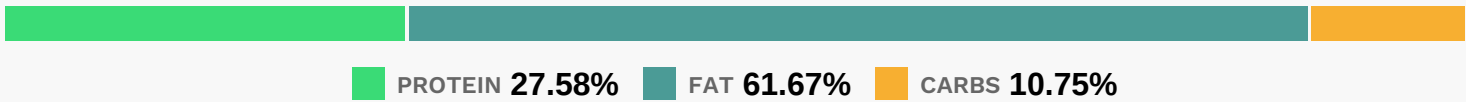
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place turkey in baking pan.
- ☐ Brush turkey with oil.
- ☐ Sprinkle with salt and pepper. Roast until meat thermometer inserted into thickest part of meat registers 180°F, about 1 hour. Cool.
- ☐ Remove skin and bones.
- ☐ Cut meat into 1/2-inch cubes.
- ☐ Whisk mayonnaise, wine, chutney, curry powder, lemon juice and ginger in large bowl.
- ☐ Add turkey, onions, celery and raisins; toss to coat. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill.)
- ☐ Mix cashews into salad.

Nutrition Facts



Properties

Glycemic Index:41.3, Glycemic Load:10.71, Inflammation Score:-6, Nutrition Score:35.515651982764%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 993.15kcal (49.66%), Fat: 68.34g (105.14%), Saturated Fat: 10.83g (67.67%), Carbohydrates: 26.82g (8.94%), Net Carbohydrates: 24.51g (8.91%), Sugar: 8.51g (9.46%), Cholesterol: 186.81mg (62.27%), Sodium: 1087.96mg (47.3%), Alcohol: 1.37g (100%), Alcohol %: 0.4% (100%), Protein: 68.77g (137.53%), Vitamin B3: 30.5mg (152.5%), Vitamin B6: 2.45mg (122.45%), Vitamin K: 119.85µg (114.14%), Selenium: 72.56µg (103.66%), Phosphorus: 824.16mg (82.42%), Zinc: 5.03mg (33.52%), Vitamin B12: 1.97µg (32.87%), Magnesium: 128.19mg (32.05%), Vitamin E: 4.67mg (31.14%), Vitamin B2: 0.53mg (30.95%), Copper: 0.58mg (29%), Potassium: 1004.87mg (28.71%), Vitamin B5: 2.65mg (26.51%), Iron: 3.88mg (21.55%), Manganese: 0.36mg (17.85%), Folate: 44.45µg (11.11%), Vitamin B1: 0.16mg (10.77%), Fiber: 2.31g (9.23%), Calcium: 75.98mg (7.6%), Vitamin C: 4.27mg (5.17%), Vitamin A: 182.61IU (3.65%), Vitamin D: 0.41µg (2.76%)