



Curried Turkey, Spinach, and Cashew Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups baby spinach loosely packed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon curry powder
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 1 teaspoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 cup roasted salted coarsely chopped
- ☐ 2 cups turkey dark light skinless cooked chopped (and meat)
- ☐ 1 tablespoon water

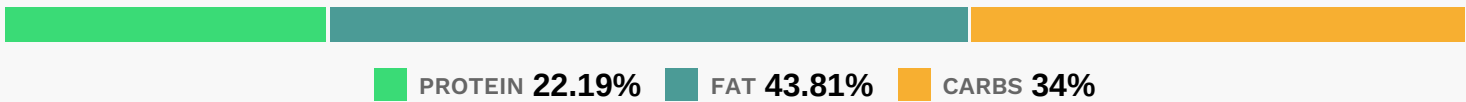
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the first 7 ingredients in a large bowl; stir with a whisk.
- ☐ Add spinach and remaining ingredients; toss well to combine.

Nutrition Facts



Properties

Glycemic Index:51.23, Glycemic Load:9.11, Inflammation Score:-10, Nutrition Score:22.022608871045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg, Quercetin: 5.98mg

Nutrients (% of daily need)

Calories: 285.56kcal (14.28%), Fat: 14.61g (22.48%), Saturated Fat: 2.86g (17.89%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 22.9g (8.33%), Sugar: 14.48g (16.09%), Cholesterol: 36.41mg (12.14%), Sodium: 348.32mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.65g (33.31%), Vitamin K: 190.59µg (181.52%), Vitamin A: 3550.72IU (71.01%), Manganese: 0.61mg (30.29%), Copper: 0.55mg (27.5%), Vitamin B6: 0.51mg (25.59%), Magnesium: 97.85mg (24.46%), Phosphorus: 238.89mg (23.89%), Folate: 94.09µg (23.52%), Vitamin B3: 4.58mg (22.91%), Selenium: 14.54µg (20.76%), Potassium: 609.72mg (17.42%), Iron: 3.03mg (16.86%), Vitamin B2: 0.27mg (16.15%), Vitamin C: 12.66mg (15.35%), Zinc: 2.23mg (14.85%), Vitamin B12: 0.69µg (11.56%), Vitamin E: 1.61mg (10.71%), Fiber: 2.6g (10.42%), Calcium: 81.67mg (8.17%), Vitamin B5: 0.73mg (7.3%), Vitamin B1: 0.1mg (6.81%)