



Curry Turkey Salad

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups turkey meat cooked chopped
- ☐ 1 apples cored peeled chopped
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup raisins and/or cranberries dried
- ☐ 2 tablespoons green onion chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped (can substitute parsley)
- ☐ 1 rib celery chopped
- ☐ 0.5 tablespoon curry powder yellow

- ☐ 0.3 cup yogurt
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 servings salt and pepper

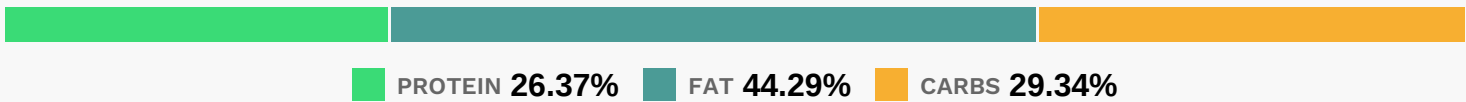
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the curry powder until fragrant: In a small skillet, heat the curry powder on medium low heat until quite fragrant.
- ☐ Remove from heat. Do not linger too long over the heat or the curry powder will start to toast.
- ☐ The point of this step is to heat it enough to release more of its flavor. You can easily skip this step if you are in a hurry.
- ☐ Make the curry powder mayo mixture: In a large bowl, mix the curry powder, yogurt, mayonnaise, honey, and ground ginger.
- ☐ Add salt and pepper to taste.
- ☐ Fold in the remaining ingredients: Gently fold in the chopped, cooked turkey, apple, raisins/dried cranberries, green onions, cilantro, and celery. Taste and add more salt and pepper if needed.
- ☐ Serve on a bed of lettuce greens or in a sandwich.
- ☐ Options: for a little more zing, add a little mango chutney to the dressing.

Nutrition Facts



Properties

Glycemic Index:127.14, Glycemic Load:8.38, Inflammation Score:-5, Nutrition Score:20.906956527544%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 502.86kcal (25.14%), Fat: 25.23g (38.82%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 33.58g (12.21%), Sugar: 31.29g (34.77%), Cholesterol: 109.54mg (36.51%), Sodium: 570.98mg (24.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Vitamin K: 69.87µg (66.55%), Vitamin B3: 11.72mg (58.6%), Vitamin B6: 1.01mg (50.47%), Selenium: 33.65µg (48.07%), Phosphorus: 325.68mg (32.57%), Vitamin B12: 1.88µg (31.38%), Vitamin B2: 0.37mg (21.84%), Zinc: 3mg (19.98%), Potassium: 592.03mg (16.92%), Fiber: 4.04g (16.14%), Vitamin B5: 1.5mg (15.05%), Manganese: 0.28mg (14.03%), Magnesium: 55.13mg (13.78%), Vitamin E: 1.98mg (13.17%), Iron: 2.12mg (11.8%), Copper: 0.18mg (9.17%), Vitamin C: 7.42mg (8.99%), Calcium: 82.46mg (8.25%), Folate: 30.41µg (7.6%), Vitamin B1: 0.11mg (7.43%), Vitamin A: 331.29IU (6.63%), Vitamin D: 0.37µg (2.44%)