



Festive Fall Turkey Salad



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



12

CALORIES



228 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons apple sauce
- ☐ 0.8 cup cashew halves
- ☐ 2 rib celery diced
- ☐ 1 cup cranberries whole
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 12 servings ground pepper black to taste
- ☐ 0.3 teaspoon ground sage dried
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.8 cup mayonnaise to taste
- ☐ 0.5 cup orange juice fresh
- ☐ 1 tablespoon orange zest
- ☐ 6 cups turkey cooked chopped
- ☐ 2 tablespoons sugar white

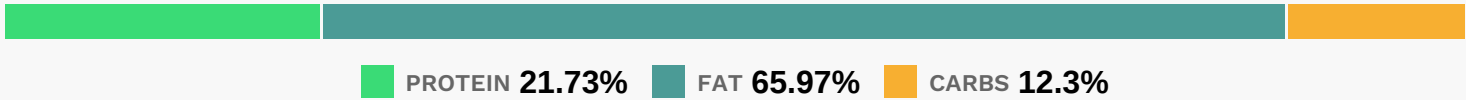
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Line a baking pan with aluminum foil.
- ☐ Place the cranberries, orange juice, orange zest, and sugar into a pan. Bring to a boil, and cook, stirring occasionally, until almost all the liquid has cooked away, about 5 minutes.
- ☐ Remove from the heat, and cool.
- ☐ Place cashews on prepared baking pan. Roast in preheated oven until golden brown, 10 to 12 minutes.
- ☐ Remove, and cool.
- ☐ Mix the turkey together in a large bowl with the celery, mayonnaise, applesauce, salt, sage, thyme, and pepper until evenly blended. Fold in the cranberry mixture. Refrigerate at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:25.52, Glycemic Load:2.86, Inflammation Score:-3, Nutrition Score:8.4882609481397%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 227.92kcal (11.4%), Fat: 16.86g (25.93%), Saturated Fat: 3g (18.73%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 6.37g (2.32%), Sugar: 4.04g (4.49%), Cholesterol: 41.66mg (13.89%), Sodium: 242.95mg (10.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.99%), Vitamin K: 26.61µg (25.35%), Vitamin B3: 3.94mg (19.69%), Selenium: 12.56µg (17.95%), Vitamin B6: 0.34mg (17.17%), Phosphorus: 144.85mg (14.48%), Copper: 0.23mg (11.5%), Vitamin B12: 0.62µg (10.39%), Magnesium: 38.18mg (9.54%), Manganese: 0.19mg (9.37%), Zinc: 1.39mg (9.26%), Vitamin C: 7.09mg (8.6%), Vitamin B2: 0.11mg (6.23%), Iron: 1.08mg (6.02%), Potassium: 199.6mg (5.7%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.07mg (4.75%), Vitamin E: 0.7mg (4.66%), Fiber: 0.7g (2.81%), Folate: 9.74µg (2.44%), Vitamin A: 67.63IU (1.35%), Calcium: 13.3mg (1.33%), Vitamin D: 0.18µg (1.18%)