



Gobbler Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 rib celery stalks finely chopped
- 1 tablespoon dijon mustard
- 1 tablespoon optional: dill fresh minced
- 0.3 cup parsley fresh minced
- 4 spring onion thinly sliced
- 4 hardboiled eggs chopped
- 1 tablespoon juice of lemon
- 0.3 cup mayonnaise reduced-fat

- 0.5 cup peas frozen thawed
- 0.1 teaspoon pepper
- 0.8 cup yogurt plain
- 0.5 cup raisins
- 1 medium bell pepper sweet red chopped
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 6 cups turkey breast cubed cooked
- 3 tablespoons vinegar white

Equipment

- bowl
- whisk

Directions

- In a large bowl, combine the turkey, celery, red pepper, onions, raisins, peas, parsley and eggs. In a small bowl, whisk the dressing ingredients.
- Pour over salad and toss to coat. Refrigerate until serving.

Nutrition Facts

PROTEIN 57.54% **FAT 24.3%** **CARBS 18.16%**

Properties

Glycemic Index:56.15, Glycemic Load:5.73, Inflammation Score:-7, Nutrition Score:25.948260869565%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.72mg, Quercetin:

0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 298.05kcal (14.9%), Fat: 8.13g (12.51%), Saturated Fat: 2.1g (13.09%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 11.88g (4.32%), Sugar: 4.57g (5.07%), Cholesterol: 193.17mg (64.39%), Sodium: 637.39mg (27.71%), Protein: 43.33g (86.67%), Vitamin B3: 18.16mg (90.79%), Vitamin B6: 1.5mg (74.85%), Selenium: 49.62µg (70.88%), Vitamin K: 60.47µg (57.59%), Phosphorus: 511.34mg (51.13%), Vitamin C: 28.51mg (34.56%), Vitamin B2: 0.47mg (27.57%), Vitamin B12: 1.48µg (24.67%), Vitamin A: 1005.77IU (20.12%), Zinc: 2.94mg (19.61%), Vitamin B5: 1.9mg (19.03%), Potassium: 664.04mg (18.97%), Magnesium: 60.9mg (15.22%), Folate: 46.68µg (11.67%), Iron: 1.99mg (11.08%), Vitamin B1: 0.13mg (8.94%), Calcium: 81.32mg (8.13%), Copper: 0.16mg (7.82%), Fiber: 1.78g (7.14%), Manganese: 0.13mg (6.44%), Vitamin E: 0.84mg (5.6%), Vitamin D: 0.75µg (5%)