



Fruited Turkey Salad with Roasted Turkey Breast

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



261 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup celery sliced
- 1 teaspoon cider vinegar
- 1.5 teaspoons dillweed fresh chopped
- 2 tablespoons cup heavy whipping cream sour low-fat
- 2 tablespoons nonfat mayonnaise
- 0.3 cup grapes red seedless halved
- 0.1 teaspoon salt

- 1.5 cups roasted turkey breast cubed
- 1 tablespoon walnuts toasted coarsely chopped

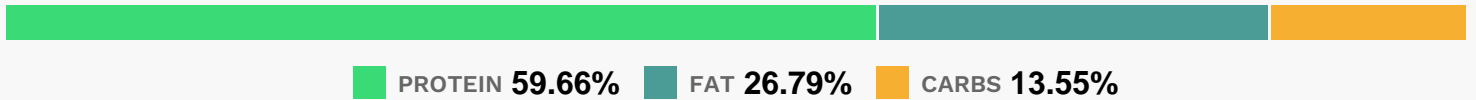
Equipment

- bowl

Directions

- Combine first 4 ingredients in a small bowl.
- Combine mayonnaise and remaining ingredients, stirring well.
- Add mayonnaise mixture to turkey mixture, and toss gently to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:76.5, Glycemic Load:2.18, Inflammation Score:-4, Nutrition Score:19.384347754976%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 261.45kcal (13.07%), Fat: 7.94g (12.21%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.94g (6.6%), Cholesterol: 101.28mg (33.76%), Sodium: 652.13mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.79g (79.57%), Vitamin B3: 17.8mg (89.01%), Vitamin B6: 1.44mg (72.24%), Selenium: 41.07µg (58.67%), Phosphorus: 456.62mg (45.66%), Vitamin B12: 1.17µg (19.47%), Vitamin B2: 0.31mg (18.43%), Zinc: 2.58mg (17.2%), Potassium: 599.88mg (17.14%), Vitamin B5: 1.48mg (14.79%), Magnesium: 58.45mg (14.61%), Vitamin K: 14.73µg (14.02%), Manganese: 0.24mg (11.88%), Copper: 0.22mg (10.89%), Iron: 1.28mg (7.12%), Folate: 28.35µg (7.09%), Vitamin B1: 0.1mg (6.87%), Calcium: 60.54mg (6.05%), Fiber: 1.23g (4.93%), Vitamin A: 211.62IU (4.23%), Vitamin C: 1.82mg (2.21%), Vitamin E: 0.3mg (1.99%), Vitamin D: 0.2µg (1.34%)