



## Garden-Fresh Turkey Salad with Dijon-Poppy Seed Dressing

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 1 cup cherry tomatoes halved
- 2 Tbsp grey poupon dijon mustard
- 2 green onions diagonally sliced
- 2 Tbsp honey
- 0.3 cup nonfat yogurt plain greek-style
- 1 tsp poppy seed

- 10 oz torn salad greens mixed
- 10 oz turkey cooked cut into thin strips ( 2 cups)
- 1 Tbsp heinz red wine vinegar

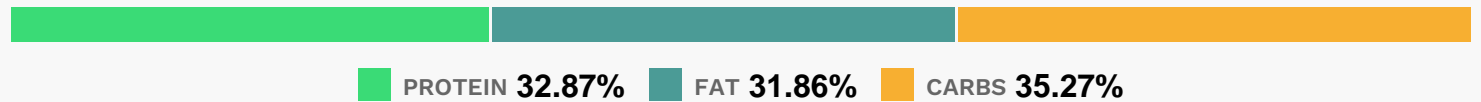
## Equipment

- whisk

## Directions

- Beat first 5 ingredients with whisk until blended. Refrigerate 1 hour.
- Cover 4 plates with salad greens; top with turkey and tomatoes.
- Drizzle yogurt mixture over salads; top with onions and nuts.

## Nutrition Facts



## Properties

Glycemic Index:8.75, Glycemic Load:1.25, Inflammation Score:-3, Nutrition Score:3.5326086917649%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 1.7g (2.62%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.81g (1.38%), Sugar: 3.01g (3.34%), Cholesterol: 9.74mg (3.25%), Sodium: 46.69mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin C: 7.02mg (8.5%), Vitamin B3: 1.27mg (6.33%), Vitamin A: 288.46IU (5.77%), Selenium: 3.93µg (5.62%), Vitamin B6: 0.11mg (5.55%), Phosphorus: 53.06mg (5.31%), Manganese: 0.1mg (5.06%), Vitamin B2: 0.07mg (3.96%), Vitamin K: 3.63µg (3.46%), Potassium: 116.47mg (3.33%), Magnesium: 13.27mg (3.32%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.19µg (3.14%), Folate: 11.76µg (2.94%), Zinc: 0.42mg (2.8%), Copper: 0.05mg (2.53%), Iron: 0.45mg (2.51%), Calcium: 22.6mg (2.26%), Vitamin B5:

0.19mg (1.87%), Vitamin B1: 0.03mg (1.8%), Fiber: 0.43g (1.72%)