



Garden Party Salad

READY IN



30 min.

SERVINGS



15

CALORIES



298 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb shells uncooked
- 10 oz broccoli florets fresh
- 3 cups carrots thinly sliced (6 medium)
- 1 lb turkey breast smoked cut into 1/2-inch cubes (from deli)
- 2 cups bell pepper yellow coarsely chopped
- 0.5 cup onion red chopped
- 12 oz cheddar cheese cut into 1/2-inch cubes (3 cups)
- 1 cup salad dressing italian
- 0.3 cup chives fresh chopped

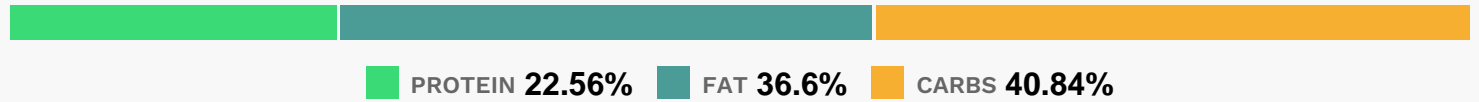
Equipment

bowl

Directions

- Cook pasta as directed on package, adding broccoli and carrots during last 2 minutes of cooking.
- Drain; rinse with cold water to cool.
- Drain well.
- Meanwhile, in large bowl, place turkey, bell peppers, onion and cheese.
- Gently stir cooked cooled pasta with broccoli and carrots into turkey mixture.
- Pour dressing over salad and add chives; toss gently to coat. If desired, garnish with additional chives.

Nutrition Facts



Properties

Glycemic Index:14.66, Glycemic Load:10.4, Inflammation Score:-10, Nutrition Score:19.674347602803%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 297.55kcal (14.88%), Fat: 12.16g (18.71%), Saturated Fat: 5.03g (31.42%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 28.06g (10.2%), Sugar: 4.37g (4.85%), Cholesterol: 39.01mg (13%), Sodium: 392.54mg (17.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Vitamin A: 4711.95IU (94.24%), Vitamin C: 55.8mg (67.63%), Selenium: 33.3µg (47.57%), Vitamin K: 33.92µg (32.3%), Phosphorus: 263mg (26.3%), Vitamin B6: 0.41mg (20.62%), Vitamin B3: 4.11mg (20.54%), Manganese: 0.4mg (19.81%), Calcium: 194.53mg (19.45%), Zinc: 1.85mg (12.33%), Vitamin B2: 0.21mg (12.14%), Potassium: 365.42mg (10.44%), Magnesium: 40.83mg (10.21%), Fiber: 2.47g (9.87%), Folate: 36.21µg (9.05%), Copper: 0.16mg (7.95%), Vitamin B12: 0.43µg (7.18%), Vitamin B5: 0.68mg (6.79%), Vitamin E: 0.88mg (5.89%), Vitamin B1: 0.09mg (5.73%), Iron: 0.96mg (5.36%), Vitamin D: 0.17µg (1.11%)