



Harvest Turkey Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 apples chopped
- 0.3 cup celery finely chopped
- 2 green onions finely chopped
- 0.5 cup mayo homestyle real mayonnaise kraft
- 1 Tbsp orange juice fresh
- 0.3 cup planters pecans toasted coarsely chopped
- 3 cups turkey cooked chopped

Equipment

bowl

Directions

- Mix mayo and orange juice until blended.
- Combine remaining ingredients in large bowl.
- Add mayo mixture; mix lightly.
- Refrigerate 30 min.

Nutrition Facts

 **PROTEIN 18.67%**  **FAT 72.28%**  **CARBS 9.05%**

Properties

Glycemic Index:26, Glycemic Load:1.06, Inflammation Score:-2, Nutrition Score:6.1917392093202%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 183.32kcal (9.17%), Fat: 14.86g (22.86%), Saturated Fat: 2.38g (14.89%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.21g (1.17%), Sugar: 2.88g (3.2%), Cholesterol: 32.72mg (10.91%), Sodium: 133.9mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.64g (17.27%), Vitamin K: 30.57µg (29.11%), Vitamin B3: 2.94mg (14.68%), Vitamin B6: 0.25mg (12.26%), Selenium: 8.41µg (12.02%), Phosphorus: 84.45mg (8.45%), Manganese: 0.16mg (8.05%), Vitamin B12: 0.47µg (7.86%), Zinc: 0.85mg (5.67%), Vitamin B2: 0.09mg (5.08%), Potassium: 144.06mg (4.12%), Vitamin E: 0.6mg (4.02%), Copper: 0.08mg (3.96%), Fiber: 0.98g (3.9%), Magnesium: 15.52mg (3.88%), Vitamin B5: 0.38mg (3.81%), Vitamin C: 2.8mg (3.4%), Vitamin B1: 0.05mg (3.19%), Iron: 0.51mg (2.84%), Folate: 8.37µg (2.09%), Vitamin A: 92.32IU (1.85%), Calcium: 12.41mg (1.24%)