



Healthified Turkey-Pasta Salad

READY IN



165 min.

SERVINGS



10

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup almonds whole toasted
- 3 cups broccoli florets fresh
- 0.5 cup celery chopped
- 1 tablespoon citrus champagne vinegar
- 2 tablespoons dijon mustard
- 0.5 cup cherries dried
- 1.5 cups yogurt plain fat free yoplait® (from 2-lb container)
- 0.5 cup mayonnaise reduced-fat
- 0.5 cup onion chopped

- 14.5 oz soup noodles whole uncooked
- 0.5 teaspoon pepper
- 0.5 teaspoon poppy seeds
- 0.3 cup powdered sugar
- 1 teaspoon salt
- 0.5 lb turkey breast cubed cooked

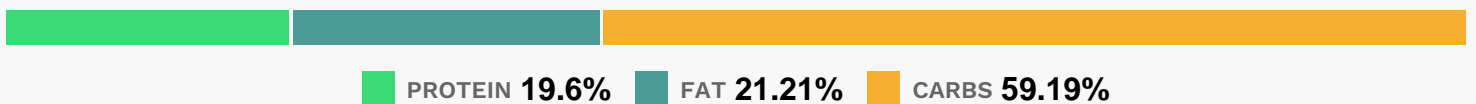
Equipment

- bowl
- whisk

Directions

- Cook pasta as directed on package omitting salt and adding broccoli for last 2 minutes of cooking; drain. Rinse with cold water to cool; drain.
- In large bowl, mix pasta, broccoli and all remaining salad ingredients except almonds.
- In medium bowl, beat dressing ingredients with wire whisk until smooth.
- Add to pasta mixture; toss to mix well. Cover; refrigerate at least 2 hours to blend flavors. Before serving, stir in almonds.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:15.828695832387%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin:

0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 2.23mg, Kaempferol: 2.23mg, Kaempferol: 2.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 311.33kcal (15.57%), Fat: 7.4g (11.39%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 46.49g (15.5%), Net Carbohydrates: 42.6g (15.49%), Sugar: 11.63g (12.92%), Cholesterol: 14.77mg (4.92%), Sodium: 450.31mg (19.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.39g (30.79%), Selenium: 34.84µg (49.77%), Vitamin K: 35.7µg (34%), Manganese: 0.65mg (32.71%), Vitamin C: 25.45mg (30.85%), Phosphorus: 251.36mg (25.14%), Vitamin B3: 3.47mg (17.37%), Vitamin B6: 0.33mg (16.37%), Vitamin E: 2.38mg (15.85%), Magnesium: 63.25mg (15.81%), Vitamin B2: 0.26mg (15.58%), Fiber: 3.89g (15.56%), Calcium: 131.75mg (13.17%), Potassium: 414.83mg (11.85%), Copper: 0.24mg (11.83%), Zinc: 1.63mg (10.85%), Folate: 37.88µg (9.47%), Vitamin A: 425.76IU (8.52%), Vitamin B5: 0.82mg (8.18%), Iron: 1.38mg (7.65%), Vitamin B1: 0.11mg (7.26%), Vitamin B12: 0.37µg (6.12%)