



Hot Turkey Salad

 **Gluten Free**

READY IN



40 min.

SERVINGS



6

CALORIES



477 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups celery chopped
- 0.5 cup cheddar cheese grated
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise
- 2 teaspoons onion grated
- 0.5 cup pecans chopped
- 1 cup potato chips crushed
- 0.5 teaspoon salt

2 cups turkey cubed cooked

Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 450 degrees F (230 degrees C). Grease a 9x13 inch baking dish.
- Mix the turkey, celery, onion, pecans, and salt together in a mixing bowl. Stir in the mayonnaise and lemon juice until evenly blended. Spoon into the prepared baking dish.
- Sprinkle with Cheddar cheese, then potato chips.
- Bake in preheated oven until cheese melts, 10 to 12 minutes.

Nutrition Facts

 **PROTEIN 9.63%**  **FAT 81.58%**  **CARBS 8.79%**

Properties

Glycemic Index:24.33, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:13.119999927023%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 477.46kcal (23.87%), Fat: 43.82g (67.42%), Saturated Fat: 7.67g (47.93%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 8.82g (3.21%), Sugar: 1.24g (1.38%), Cholesterol: 48.95mg (16.32%), Sodium: 631.22mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.28%), Vitamin K: 74.37µg (70.82%), Manganese: 0.51mg (25.47%), Vitamin E: 3.01mg (20.08%), Vitamin B3: 3.42mg (17.09%), Phosphorus: 164.8mg (16.48%), Vitamin B6: 0.33mg (16.43%), Selenium: 11.39µg (16.27%), Vitamin B5: 1.15mg (11.49%), Potassium: 386.46mg (11.04%), Zinc: 1.57mg (10.45%), Calcium: 96mg (9.6%), Vitamin B12: 0.55µg (9.15%), Copper: 0.18mg (9.04%), Vitamin B2: 0.15mg (9.01%), Magnesium: 34.18mg (8.55%), Vitamin B1: 0.12mg (7.7%), Vitamin C: 6.18mg (7.49%), Fiber: 1.8g (7.18%), Folate: 25.33µg (6.33%), Vitamin A: 293.27IU (5.87%), Iron: 0.84mg (4.68%), Vitamin D: 0.23µg (1.54%)