



Layered Cornbread-and-Turkey Salad

READY IN



45 min.

SERVINGS



6

CALORIES



787 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup buttermilk
- 1 cup celery diced (3 celery ribs)
- 10 bacon crumbled cooked
- 6 ounce buttermilk cornbread mix
- 2 green onions sliced
- 0.5 cup mayonnaise
- 12 ounce parmesan-peppercorn dressing
- 1 onion red chopped
- 9 ounce romaine lettuce shredded

- 8 ounces swiss cheese shredded
- 2 large tomatoes seeded chopped
- 0.8 pound turkey smoked chopped
- 2 large bell peppers yellow chopped

Equipment

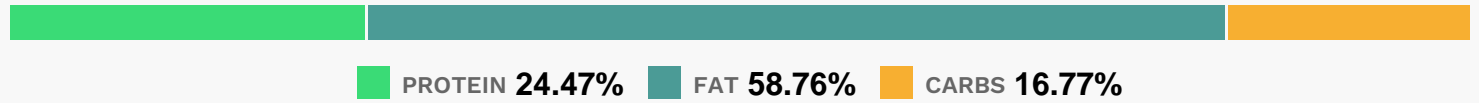
- bowl
- canning jar

Directions

- Prepare cornbread according to package directions; cool and crumble. Set aside.
- Stir together dressing, mayonnaise, and buttermilk until blended.
- Layer crumbled cornbread, shredded lettuce, and next 7 ingredients evenly into 6 (3- to 4-cup) glass containers; spoon half of dressing mixture evenly over tops. Cover and chill at least 3 hours or up to 24 hours.
- Sprinkle with green onions just before serving.
- Serve with remaining half of dressing mixture on the side.
- Note: For testing purposes only, we used Martha White Buttermilk Cornbread
- Mix and Girard's Parmesan-Peppercorn Dressing. We used 3-cup marquis-shaped canning jars with lid and screw ring. To find a retailer, visit www.leifheitusa.com, or call toll-free 1-866-695-
- Layer half each of crumbled cornbread, shredded lettuce, and next 7 ingredients in a large glass bowl; spoon half of dressing mixture evenly over top. Repeat layers ending with dressing mixture. Cover and chill at least 8 hours or up to 24 hours.
- Sprinkle top with green onions just before serving. Prep: 45 min., Chill: 8 hrs.
- Layered Southwest Cornbread-and-Turkey Salad: Substitute 1 (6-ounce) package Mexican cornbread mix for 1 (6-ounce) package buttermilk cornbread mix; 1 (16-ounce) bottle buttermilk-Ranch dressing for Parmesan-peppercorn dressing; 1 (8-ounce) package finely shredded Cheddar and Monterey Jack cheeses with jalapeo peppers for shredded Swiss cheese; and 1 (11-ounce) can sweet whole kernel corn, drained, and 1 (15-ounce) can black beans, rinsed and drained, for yellow bell peppers. Prepare recipe as directed, omitting mayonnaise.

Note: For testing purposes only, we used Gladiola Mexican style cornbread mix and Ken's Steak House Buttermilk Ranch dressing.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:39.656956755597%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg, Quercetin: 6.15mg

Nutrients (% of daily need)

Calories: 787.47kcal (39.37%), Fat: 51.5g (79.23%), Saturated Fat: 21.69g (135.57%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 28.37g (10.32%), Sugar: 10.04g (11.15%), Cholesterol: 125.4mg (41.8%), Sodium: 1630.5mg (70.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.52%), Vitamin C: 126.44mg (153.26%), Calcium: 1083.53mg (108.35%), Vitamin A: 5294.31IU (105.89%), Phosphorus: 939.95mg (93.99%), Vitamin K: 95.03µg (90.51%), Selenium: 42.4µg (60.56%), Vitamin B12: 2.55µg (42.54%), Vitamin B2: 0.58mg (34.08%), Vitamin B3: 6.75mg (33.73%), Folate: 133.14µg (33.29%), Zinc: 4.94mg (32.92%), Vitamin B6: 0.65mg (32.65%), Vitamin B1: 0.33mg (22.16%), Potassium: 746.8mg (21.34%), Magnesium: 84.16mg (21.04%), Fiber: 4.71g (18.83%), Manganese: 0.37mg (18.35%), Iron: 2.73mg (15.17%), Vitamin B5: 1.39mg (13.86%), Copper: 0.25mg (12.5%), Vitamin E: 1.56mg (10.42%), Vitamin D: 0.62µg (4.17%)