



HEALTH SCORE

85%

Layered Cornbread-and-Turkey Salad



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1792 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 8 bacon crumbled cooked
- ☐ 2 cups cornbread crumbled
- ☐ 8 ounces feta cheese crumbled
- ☐ 5 green onions chopped
- ☐ 15 ounce roasted-garlic dressing
- ☐ 12 ounce roasted bell peppers red drained chopped
- ☐ 1 head romaine lettuce shredded

☐ 0.5 pound turkey smoked chopped

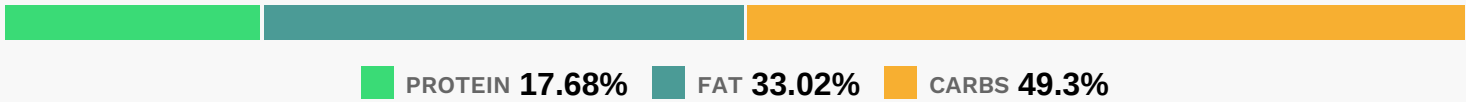
Equipment

☐ bowl

Directions

- ☐ Stir together dressing and buttermilk, blending well.
- ☐ Layer a 3-quart glass bowl with half each of lettuce and next 6 ingredients; top with half of dressing. Repeat layers with remaining ingredients and dressing. Cover and chill 2 hours. Prep: 25 min., Chill: 2 hrs.
- ☐ For testing purposes only, we used T. Marzetti's Roasted Garlic Dressing.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:22.32, Inflammation Score:-10, Nutrition Score:77.30608712072%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 3.42mg, Myricetin: 3.42mg, Myricetin: 3.42mg, Myricetin: 3.42mg Quercetin: 13.79mg, Quercetin: 13.79mg, Quercetin: 13.79mg, Quercetin: 13.79mg

Nutrients (% of daily need)

Calories: 1791.96kcal (89.6%), Fat: 67.37g (103.65%), Saturated Fat: 30.46g (190.38%), Carbohydrates: 226.32g (75.44%), Net Carbohydrates: 207.02g (75.28%), Sugar: 47.38g (52.64%), Cholesterol: 332.03mg (110.68%), Sodium: 5795.29mg (251.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 81.17g (162.35%), Vitamin A: 29492.25IU (589.84%), Vitamin K: 397.51µg (378.59%), Manganese: 4.94mg (246.82%), Vitamin B6: 4.55mg (227.31%), Phosphorus: 2094.04mg (209.4%), Vitamin C: 163.83mg (198.58%), Folate: 653.52µg (163.38%), Calcium: 1539.3mg (153.93%), Selenium: 105.32µg (150.46%), Vitamin B2: 2.22mg (130.36%), Vitamin B1: 1.58mg (105.32%), Vitamin B3: 18.97mg (94.87%), Iron: 14.58mg (81.02%), Potassium: 2762.86mg (78.94%), Fiber: 19.3g (77.2%), Zinc: 11.1mg (74.01%), Vitamin B12: 4.07µg (67.79%), Copper: 1.35mg (67.58%), Vitamin B5: 5.51mg (55.06%), Magnesium: 219.5mg (54.87%), Vitamin E: 2.4mg (16.01%), Vitamin D: 1.6µg (10.69%)