



Layered Lunchtime Salad

 Gluten Free

READY IN



10 min.

SERVINGS



1

CALORIES



295 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

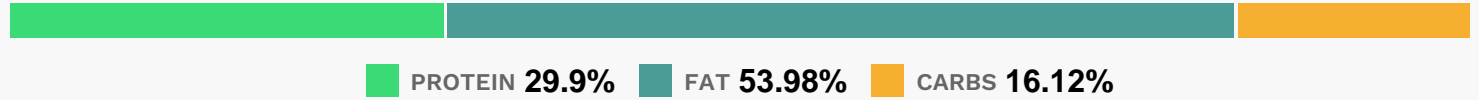
- 6 slices oscar mayer deli oven roasted turkey breast fresh coarsely chopped
- 0.3 cup coleslaw blend (cabbage slaw mix)
- 0.3 cup milk mild cheddar cheese shredded 2% kraft
- 0.3 cup peas frozen cooled cooked
- 1 Tbsp lite ranch dressing kraft

Equipment

Directions

- Layer ingredients in small covered container.
- Shake container to coat salad with dressing.

Nutrition Facts



Properties

Glycemic Index:115.33, Glycemic Load:2.39, Inflammation Score:-6, Nutrition Score:16.955652361331%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 295.3kcal (14.77%), Fat: 17.84g (27.44%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 11.99g (4%), Net Carbohydrates: 8.65g (3.15%), Sugar: 4.82g (5.36%), Cholesterol: 68.87mg (22.96%), Sodium: 1068.12mg (46.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.23g (44.45%), Vitamin K: 50.5µg (48.09%), Phosphorus: 400.59mg (40.06%), Vitamin B3: 7.61mg (38.05%), Vitamin C: 27.87mg (33.79%), Selenium: 18.96µg (27.09%), Calcium: 233.26mg (23.33%), Vitamin B6: 0.46mg (22.75%), Vitamin B2: 0.26mg (15.41%), Zinc: 2.07mg (13.81%), Vitamin A: 687.86IU (13.76%), Fiber: 3.34g (13.35%), Folate: 53.02µg (13.26%), Manganese: 0.26mg (13.02%), Potassium: 448.15mg (12.8%), Vitamin B1: 0.19mg (12.52%), Magnesium: 45.85mg (11.46%), Vitamin B5: 1.04mg (10.38%), Vitamin B12: 0.43µg (7.1%), Iron: 1.19mg (6.62%), Vitamin E: 0.87mg (5.82%), Copper: 0.12mg (5.8%), Vitamin D: 0.26µg (1.71%)