Light Turkey Salad

Gluten Free

READY IN	SERVINGS	CALORIES
15 min.	6	83 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 1 carrots shredded
- [ ] 1 small head iceberg lettuce shredded
- [ ] 1 teaspoon mustard dijon-style prepared
- [ ] 1 small onion chopped
- [ ] 2 tablespoons yogurt plain
- [ ] 4 radishes thinly sliced
- [ ] 1 tablespoon sesame seed toasted
- [ ] 1 teaspoon soya sauce

- [ ] 2 cups turkey cooked sliced
- [ ] 0.5 teaspoon sugar white
- [ ] 1 zucchini julienned sliced

Equipment

- [ ] bowl
- [ ] whisk

Directions

- [ ] In a large bowl, combine the turkey, radishes, carrots, zucchini and onion.
- [ ] In a small bowl, whisk together the yogurt, mustard, soy sauce and sugar.
- [ ] Pour dressing over turkey mixture and toss to coat.
- [ ] Divide shredded lettuce among 6 plates, spoon on turkey salad and sprinkle with sesame seeds.

Nutrition Facts

PROTEIN **41.45%** FAT **31.4%** CARBS **27.15%**

Properties

Glycemic Index:53.99, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:9.1860869060392%

Flavonoids

Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg, Pelargonidin: 1.68mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 83.19kcal (4.16%), Fat: 3g (4.61%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 4.13g (1.5%), Sugar: 3.6g (4%), Cholesterol: 24.72mg (8.24%), Sodium: 121.89mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Vitamin A: 2061.14IU (41.22%), Vitamin B6: 0.32mg (15.98%), Vitamin K: 15.87µg (15.11%), Vitamin B3: 2.97mg (14.86%), Selenium: 8.16µg (11.66%), Vitamin C: 9.25mg (11.22%),

Phosphorus: 108.24mg (10.82%), Manganese: 0.2mg (10.11%), Potassium: 311.35mg (8.9%), Folate: 32.63µg (8.16%), Vitamin B2: 0.13mg (7.68%), Vitamin B12: 0.43µg (7.15%), Fiber: 1.7g (6.81%), Magnesium: 26.88mg (6.72%), Zinc: 0.98mg (6.53%), Copper: 0.12mg (6.19%), Vitamin B1: 0.08mg (5.32%), Iron: 0.93mg (5.14%), Calcium: 47.09mg (4.71%), Vitamin B5: 0.46mg (4.64%), Vitamin E: 0.25mg (1.64%)