



Main Dish Turkey Salad With Cranberry Vinaigrette and Garlic Croutons

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium size braeburn apple thinly sliced
- 4 bacon crumbled cooked
- 1 cup garlic croutons
- 1 head romaine lettuce
- 2 cups turkey cooked coarsely chopped
- 4 servings cranberry vinaigrette

Equipment

bowl

Directions

Toss together first 4 ingredients in a large serving bowl. Top salad with Garlic Croutons, and serve with Cranberry Vinaigrette.

Nutrition Facts

PROTEIN 32.23% **FAT 25.96%** **CARBS 41.81%**

Properties

Glycemic Index:26.75, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:26.313043407772%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 208.9kcal (10.45%), Fat: 6.33g (9.74%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 17.81g (6.48%), Sugar: 7.01g (7.79%), Cholesterol: 43.7mg (14.57%), Sodium: 208.84mg (9.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.35%), Vitamin A: 13690.17IU (273.8%), Vitamin K: 162.04µg (154.33%), Folate: 218.71µg (54.68%), Vitamin B6: 0.9mg (44.86%), Manganese: 0.84mg (41.92%), Selenium: 20.1µg (28.71%), Vitamin B3: 5.4mg (27.01%), Vitamin C: 19.1mg (23.15%), Phosphorus: 226.08mg (22.61%), Potassium: 723.63mg (20.68%), Fiber: 5.13g (20.51%), Vitamin B1: 0.26mg (17.15%), Vitamin B2: 0.26mg (15.58%), Iron: 2.66mg (14.76%), Zinc: 1.9mg (12.69%), Calcium: 122.34mg (12.23%), Magnesium: 47.65mg (11.91%), Copper: 0.24mg (11.81%), Vitamin B12: 0.69µg (11.56%), Vitamin B5: 0.95mg (9.48%), Vitamin E: 0.4mg (2.69%), Vitamin D: 0.18µg (1.21%)