



## Mediterranean Turkey Pasta Salad

READY IN



30 min.

SERVINGS



8

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 cups penne pasta cooked
- 8 ounces feta cheese crumbled
- 1 tablespoon garlic fresh minced
- 1 pint grape tomatoes halved
- 16 ounce kalamata olives pitted drained chopped
- 1.5 cups olive oil
- 2 teaspoons oregano leaves dried
- 0.5 cup parsley italian chopped
- 0.5 cup onions red thinly sliced

- 0.5 cup red wine vinegar
- 5 ounce spring lettuce mix
- 3 cups golden oven roasted turkey breast thick cubed sliced butterball®

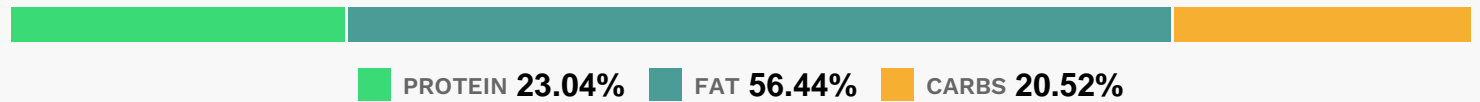
## Equipment

- bowl
- whisk

## Directions

- Whisk olive oil, vinegar, garlic and oregano until well blended; set aside.
- Combine remaining ingredients in large salad bowl. Gently toss with dressing. Refrigerate or serve at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:25.94, Glycemic Load:5.74, Inflammation Score:-9, Nutrition Score:20.766521645629%

## Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg, Apigenin: 8.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg, Quercetin: 2.4mg

## Nutrients (% of daily need)

Calories: 390.74kcal (19.54%), Fat: 25.01g (38.48%), Saturated Fat: 6.63g (41.45%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 16.78g (6.1%), Sugar: 3.19g (3.55%), Cholesterol: 70.48mg (23.49%), Sodium: 2133.55mg (92.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.95%), Vitamin K: 75.52µg (71.92%), Vitamin B3: 9.12mg (45.6%), Phosphorus: 373.95mg (37.4%), Selenium: 25.18µg (35.97%), Vitamin B6: 0.64mg (32.13%), Vitamin E: 4.12mg (27.48%), Vitamin A: 1369.12IU (27.38%), Vitamin C: 18.34mg (22.23%), Calcium: 207.7mg (20.77%), Vitamin B2: 0.34mg (20.17%), Potassium: 597.05mg (17.06%), Fiber: 3.68g (14.73%), Manganese: 0.29mg (14.55%), Magnesium: 53.96mg (13.49%), Vitamin B5: 1.3mg (13%), Iron: 2.05mg (11.41%), Zinc: 1.68mg (11.19%), Folate: 43.46µg (10.86%), Vitamin B12: 0.6µg (10.06%), Vitamin B1: 0.14mg (9.5%), Copper: 0.19mg (9.38%), Vitamin D:

0.2 $\mu$ g (1.35%)