



Salsa Turkey Salad

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



902 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 romaine leaves
- ☐ 4 cups ranch & bacon pasta salad mix (creamy-style)
- ☐ 0.5 cup salsa thick
- ☐ 2 cups turkey cubed cooked

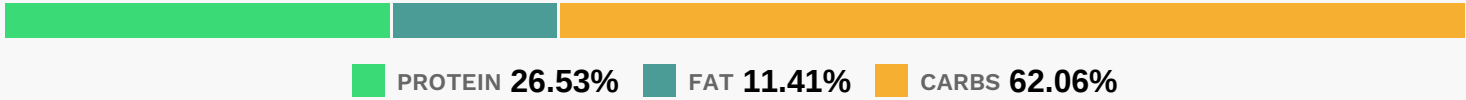
Equipment

- ☐ bowl

Directions

- ☐ Mix all ingredients except lettuce in large bowl.
- ☐ Spoon salad mixture onto lettuce.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:18.439999989841%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 902.1kcal (45.1%), Fat: 7.41g (11.4%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 90.62g (30.21%), Net Carbohydrates: 80.71g (29.35%), Sugar: 15.14g (16.82%), Cholesterol: 35.78mg (11.93%), Sodium: 3687.98mg (160.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.75g (77.49%), Folate: 468.93µg (117.23%), Vitamin A: 3793.65IU (75.87%), Iron: 7.34mg (40.76%), Fiber: 9.92g (39.66%), Potassium: 834.25mg (23.84%), Vitamin B3: 4.25mg (21.27%), Vitamin B6: 0.38mg (18.96%), Selenium: 11.02µg (15.75%), Vitamin C: 10.43mg (12.65%), Calcium: 114.19mg (11.42%), Phosphorus: 108.41mg (10.84%), Vitamin B12: 0.61µg (10.11%), Vitamin B2: 0.13mg (7.45%), Zinc: 1mg (6.66%), Manganese: 0.12mg (5.78%), Magnesium: 20.47mg (5.12%), Vitamin B5: 0.47mg (4.7%), Vitamin B1: 0.06mg (3.96%), Vitamin E: 0.52mg (3.45%), Copper: 0.06mg (2.99%), Vitamin K: 1.99µg (1.89%)