



Skinny Turkey Apple Salad Wraps

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 boston lettuce leaves (Boston or Bibb)
- 0.5 cup celery chopped
- 0.3 cup cherries dried
- 0.5 cup parsley fresh chopped
- 6 oz greek yogurt plain
- 1 cup apple green chopped
- 0.5 cup spring onion sliced

- 2 tablespoons juice of lemon
- 0.5 teaspoon hot sauce hot
- 0.3 teaspoon salt
- 12 ounces turkey breast shredded cooked
- 0.3 cup walnut pieces toasted chopped

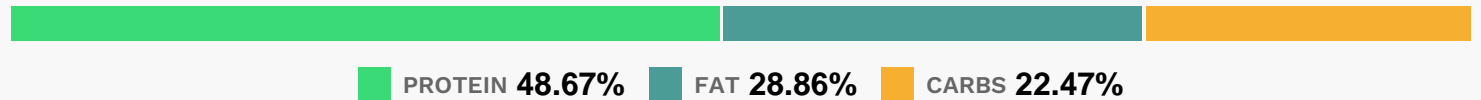
Equipment

- bowl

Directions

- In a large bowl, combine turkey, apple, celery, green onions, parsley, walnuts, and dried cherries.
- In a small bowl, stir together yogurt, lemon juice, hot pepper sauce, salt, and black pepper.
- Add the yogurt mixture to the turkey mixture; stir until well mixed.
- Divide turkey mixture among lettuce leaves, spooning turkey mixture into center of each leaf.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:1.84, Inflammation Score:-9, Nutrition Score:21.867825997912%

Flavonoids

Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.52mg, Apigenin: 16.52mg, Apigenin: 16.52mg, Apigenin: 16.52mg Luteolin: 0.25mg

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 197.68kcal (9.88%), Fat: 6.63g (10.21%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 8.87g (3.23%), Sugar: 7.12g (7.91%), Cholesterol: 48.05mg (16.02%), Sodium: 368.17mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.34%), Vitamin K: 199.89µg (190.37%), Vitamin A: 2348.02IU (46.96%), Vitamin B3: 9.03mg (45.14%), Vitamin B6: 0.81mg (40.39%), Selenium: 24.29µg (34.7%), Phosphorus: 316.81mg (31.68%), Vitamin C: 19.79mg (23.99%), Manganese: 0.42mg (20.97%), Folate: 75.73µg (18.93%), Vitamin B2: 0.32mg (18.76%), Potassium: 576.72mg (16.48%), Vitamin B12: 0.83µg (13.89%), Magnesium: 54.19mg (13.55%), Zinc: 1.82mg (12.11%), Iron: 2.03mg (11.25%), Calcium: 110.56mg (11.06%), Fiber: 2.75g (10.98%), Copper: 0.22mg (10.88%), Vitamin B5: 1.03mg (10.28%), Vitamin B1: 0.11mg (7.58%), Vitamin E: 0.42mg (2.81%)