



WHATSheATE



Smoked Turkey, Black Bean, Bell Pepper and Corn Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 3 cups arugula
- ☐ 1 cup bell pepper diced (any colors)
- ☐ 15.5 ounces black beans rinsed drained canned
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 cups ears corn fresh
- ☐ 0.5 cup mint leaves fresh chopped for garnish (plus leaves)
- ☐ 1 tablespoon garlic finely chopped

- ☐ 2 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion red finely chopped
- ☐ 1 tablespoon sherry vinegar (or balsamic)
- ☐ 0.5 cup sacramento tomato juice
- ☐ 0.8 pound turkey breast smoked diced cooked

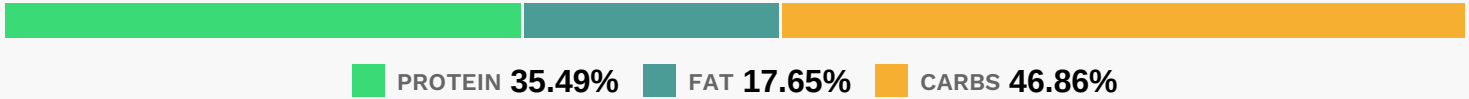
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine turkey, beans, corn, tomatoes, bell peppers and onion in a bowl.
- ☐ Whisk all dressing ingredients in another bowl. Season with salt and pepper.
- ☐ Add dressing to turkey mixture and toss to combine. Divide arugula among 4 plates and top with turkey salad.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:28.489565323228%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg, Kaempferol: 5.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 306.15kcal (15.31%), Fat: 6.33g (9.74%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 37.83g (12.61%), Net Carbohydrates: 26.9g (9.78%), Sugar: 8.38g (9.32%), Cholesterol: 45.93mg (15.31%), Sodium: 621.2mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.3%), Vitamin C: 77.46mg (93.89%), Vitamin B3: 11.04mg (55.18%), Vitamin B6: 1.01mg (50.61%), Vitamin A: 2204.15IU (44.08%), Fiber: 10.93g (43.71%), Phosphorus: 415mg (41.5%), Folate: 150.18µg (37.54%), Manganese: 0.63mg (31.44%), Selenium: 21.81µg (31.16%), Potassium: 1054.14mg (30.12%), Magnesium: 105.64mg (26.41%), Vitamin B1: 0.34mg (22.68%), Iron: 4mg (22.2%), Vitamin B2: 0.37mg (21.82%), Vitamin K: 22.3µg (21.24%), Copper: 0.38mg (19.13%), Vitamin B5: 1.62mg (16.24%), Zinc: 2.33mg (15.57%), Calcium: 107.78mg (10.78%), Vitamin E: 1.57mg (10.46%), Vitamin B12: 0.54µg (8.93%)