



Smoked Turkey Jarlsberg Salad Supreme

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 pounds turkey breast smoked cut into 1x 1/4-inch strips (5 cups)
- 8 ounces swiss cheese cut into 1x 1/4-inch strips (2 cups)
- 2 cups grapes whole red seedless cut in half
- 1.5 cups slivered almonds toasted
- 0.7 cup salad dressing
- 0.7 cup cream sour
- 2 tablespoons milk
- 1 serving salt and pepper to taste

1 serving lettuce

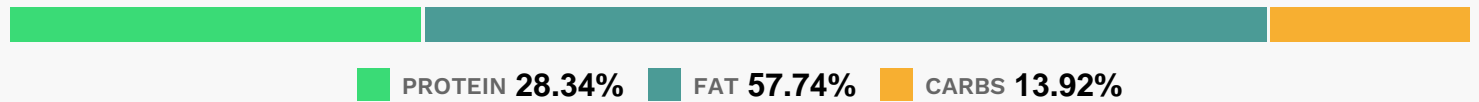
Equipment

bowl

Directions

- Mix turkey, cheese, grapes and almonds in very large (4-quart) bowl.
- Mix remaining ingredients except lettuce in medium bowl.
- Pour over turkey mixture; mix gently. Cover and refrigerate until serving.
- Serve on lettuce.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:3.41, Inflammation Score:-6, Nutrition Score:20.91043475659%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 429.37kcal (21.47%), Fat: 28.35g (43.62%), Saturated Fat: 8.78g (54.88%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 12.37g (4.5%), Sugar: 9.94g (11.05%), Cholesterol: 84.05mg (28.02%), Sodium: 455.77mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.31g (62.62%), Phosphorus: 491.91mg (49.19%), Vitamin B3: 9.32mg (46.61%), Selenium: 29.89µg (42.7%), Vitamin E: 6mg (40%), Vitamin B6: 0.77mg (38.33%), Calcium: 351mg (35.1%), Vitamin B2: 0.51mg (29.8%), Manganese: 0.52mg (25.96%), Vitamin B12: 1.45µg (24.21%), Magnesium: 92.06mg (23.02%), Zinc: 3.11mg (20.75%), Vitamin K: 19.85µg (18.91%), Copper: 0.32mg (16.2%), Potassium: 508.21mg (14.52%), Fiber: 3g (12.02%), Vitamin B5: 0.98mg (9.83%), Vitamin A: 465.81IU (9.32%), Iron:

1.49mg (8.3%), Vitamin B1: 0.11mg (7.54%), Folate: 22.55µg (5.64%), Vitamin C: 1.77mg (2.15%)