



Smoked Turkey Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 tablespoons grapefruit juice
- ☐ 1 cup mangos finely chopped 1 large
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 onion red
- ☐ 0.3 teaspoon salt

- ☐ 4 cups savoy cabbage thinly sliced
- ☐ 6 ounces turkey breast smoked cut into thin strips

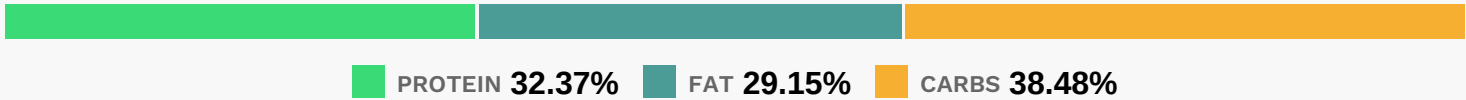
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl.
- ☐ Combine grapefruit juice and next 4 ingredients in a small jar; cover tightly, and shake vigorously.
- ☐ Pour dressing over salad, and toss gently.
- ☐ Serve immediately.
- ☐ carbo rating: 13

Nutrition Facts



Properties

Glycemic Index:65.69, Glycemic Load:4.47, Inflammation Score:-8, Nutrition Score:14.203912995432%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 130.88kcal (6.54%), Fat: 4.48g (6.89%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 10.1g (3.67%), Sugar: 9.13g (10.15%), Cholesterol: 22.96mg (7.65%), Sodium: 255.15mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.37%), Vitamin K: 58.66µg (55.87%), Vitamin C: 41.3mg (50.06%), Vitamin B6: 0.53mg (26.59%), Vitamin A: 1292.22IU (25.84%), Vitamin B3: 4.78mg (23.9%), Folate:

80.83µg (20.21%), Selenium: 10.64µg (15.2%), Phosphorus: 142.71mg (14.27%), Fiber: 3.19g (12.78%), Manganese: 0.23mg (11.61%), Potassium: 390.79mg (11.17%), Magnesium: 38.18mg (9.55%), Vitamin E: 1.08mg (7.17%), Copper: 0.13mg (6.26%), Vitamin B2: 0.11mg (6.22%), Vitamin B5: 0.58mg (5.85%), Zinc: 0.83mg (5.53%), Vitamin B1: 0.08mg (5.5%), Vitamin B12: 0.27µg (4.47%), Calcium: 42.15mg (4.22%), Iron: 0.75mg (4.14%)