



Smoked-Turkey, Plum, and Fennel Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup balsamic vinegar
- 1 large fennel bulb
- 0.5 pound tofu black red thinly sliced (2 to 3)
- 1 tablespoon brown sugar light packed
- 0.3 cup olive oil extra virgin extra-virgin
- 3 ounces pecans cooled toasted
- 0.5 head radicchio thinly
- 1 pound turkey legs smoked

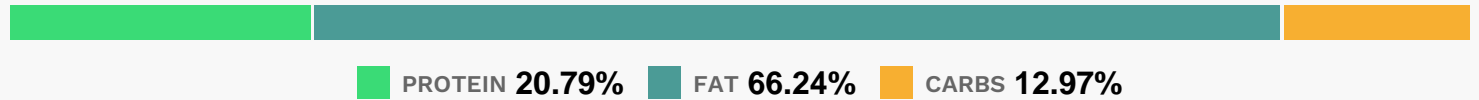
Equipment

- bowl
- whisk

Directions

- Whisk together vinegar, brown sugar, and 1/4 teaspoon each of salt and pepper in a large bowl until sugar has dissolved, then add oil in a slow stream, whisking until emulsified.
- Cut turkey meat from bone, discarding skin and tendons, then thinly slice meat.
- Add to dressing.
- Quarter fennel bulb lengthwise, then thinly slice using slicer. Slice radicchio in same manner.
- Add fennel and radicchio to dressing with plums and pecans and toss well. Season with pepper.
- Nutrition Data
- See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:3.13, Inflammation Score:-6, Nutrition Score:22.053043520969%

Flavonoids

Cyanidin: 46.73mg, Cyanidin: 46.73mg, Cyanidin: 46.73mg, Cyanidin: 46.73mg Delphinidin: 4.24mg, Delphinidin: 4.24mg, Delphinidin: 4.24mg, Delphinidin: 4.24mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 13.31mg, Luteolin: 13.31mg, Luteolin: 13.31mg, Luteolin: 13.31mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 505.71kcal (25.29%), Fat: 37.83g (58.2%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 12.04g (4.38%), Sugar: 9.61g (10.68%), Cholesterol: 66.83mg (22.28%), Sodium: 116.03mg (5.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.44%), Vitamin K: 134.86µg (128.44%), Manganese: 1.17mg (58.36%), Selenium: 26.42µg (37.74%), Zinc: 4.22mg (28.16%), Copper: 0.55mg (27.68%), Phosphorus: 272.9mg (27.29%), Vitamin E: 3.37mg (22.48%), Vitamin B6: 0.41mg (20.67%), Iron: 3.71mg (20.63%), Potassium: 719.94mg (20.57%), Fiber: 4.62g (18.49%), Vitamin B3: 3.49mg (17.45%), Magnesium: 62.81mg (15.7%), Vitamin B2: 0.25mg (14.99%), Vitamin B1: 0.22mg (14.95%), Calcium: 145.44mg (14.54%), Vitamin B5: 1.44mg (14.43%), Folate: 50.91µg (12.73%), Vitamin C: 10.05mg (12.19%), Vitamin B12: 0.37µg (6.12%), Vitamin A: 102.57IU (2.05%)