



Smoked Turkey Salad with Strawberries

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup yogurt plain fat free sour yoplait® (from 2-lb container)
- 0.3 cup honey
- 2 tablespoons parsley fresh chopped
- 2 teaspoons ground mustard
- 3 teaspoons juice of lemon
- 1 lb turkey smoked cut into 1/4-inch strips (4 cups)
- 8 oz swiss cheese cut into cubes
- 2 cups celery stalks sliced

- 1 cup roasted cashews
- 1 quart strawberries cut in half (4 cups)
- 1 serving the salad
- 1 serving cashew pieces
- 1 serving strawberries

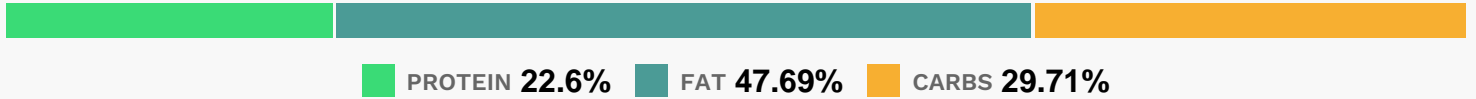
Equipment

- bowl

Directions

- In large bowl, mix all dressing ingredients until well blended.
- Add turkey, cheese, celery and honey-roasted cashews; toss gently to coat.
- Add strawberries; carefully toss until evenly coated. If desired, serve on salad greens; garnish with additional cashews and strawberries.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:8.13, Inflammation Score:-8, Nutrition Score:24.074782539969%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 33.87mg, Pelargonidin: 33.87mg, Pelargonidin: 33.87mg, Pelargonidin: 33.87mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg, Epicatechin 3-gallate: 0.2mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin:

0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 387.83kcal (19.39%), Fat: 21.35g (32.85%), Saturated Fat: 7.69g (48.05%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 26.04g (9.47%), Sugar: 19.25g (21.38%), Cholesterol: 55.96mg (18.65%), Sodium: 148.24mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Vitamin C: 84.52mg (102.45%), Phosphorus: 436.64mg (43.66%), Manganese: 0.79mg (39.66%), Calcium: 362.79mg (36.28%), Vitamin K: 34.5µg (32.86%), Selenium: 22.75µg (32.51%), Copper: 0.6mg (29.85%), Magnesium: 104.43mg (26.11%), Vitamin B12: 1.53µg (25.57%), Zinc: 3.73mg (24.85%), Vitamin B6: 0.43mg (21.49%), Vitamin B3: 4.09mg (20.46%), Vitamin B2: 0.32mg (18.94%), Potassium: 609.35mg (17.41%), Folate: 68.37µg (17.09%), Fiber: 3.89g (15.55%), Iron: 2.48mg (13.8%), Vitamin B5: 1.14mg (11.41%), Vitamin A: 531.02IU (10.62%), Vitamin B1: 0.13mg (8.81%), Vitamin E: 0.9mg (5.98%)