



Smoked Turkey Salad with Strawberries

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 servings cashew pieces
- 2 cups celery stalks sliced
- 2 tablespoons parsley fresh chopped
- 2 teaspoons ground mustard
- 0.3 cup honey
- 3 teaspoons juice of lemon
- 1 cup roasted cashews
- 8 servings the salad

- 1 cup yogurt plain fat free sour yoplait® (from 2-lb container)
- 1 quart strawberries cut in half (4 cups)
- 8 servings strawberries
- 8 oz swiss cheese cut into cubes
- 1 lb turkey smoked cut into 1/4-inch strips (4 cups)

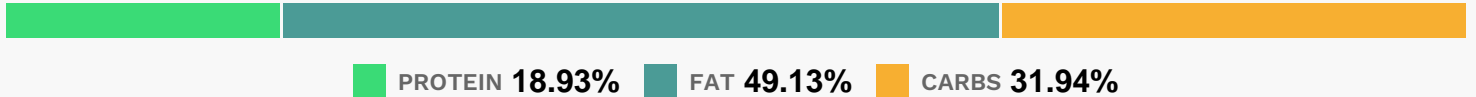
Equipment

- 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:12.77, Inflammation Score:-9, Nutrition Score:35.252608861612%

Flavonoids

Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg, Cyanidin: 4.41mg Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg, Petunidin: 0.29mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 65.18mg, Pelargonidin: 65.18mg, Pelargonidin: 65.18mg, Pelargonidin: 65.18mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 8.16mg, Catechin: 8.16mg, Catechin: 8.16mg, Catechin: 8.16mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg 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: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg 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: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 578.91kcal (28.95%), Fat: 33.27g (51.18%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 41.39g (15.05%), Sugar: 26.96g (29.95%), Cholesterol: 55.96mg (18.65%), Sodium: 161.75mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.67%), Vitamin C: 166.86mg (202.26%), Manganese: 1.77mg (88.28%), Phosphorus: 636.19mg (63.62%), Copper: 1.25mg (62.56%), Magnesium: 201.31mg (50.33%), Vitamin K: 46.23µg (44.02%), Selenium: 28.62µg (40.89%), Calcium: 397.21mg (39.72%), Zinc: 5.49mg (36.63%), Vitamin B6: 0.63mg (31.32%), Potassium: 1035.58mg (29.59%), Folate: 118.12µg (29.53%), Fiber: 7.27g (29.1%), Iron: 4.97mg (27.63%), Vitamin B12: 1.53µg (25.57%), Vitamin B3: 5.05mg (25.25%), Vitamin B2: 0.38mg (22.49%), Vitamin B1: 0.28mg (18.93%), Vitamin A: 943.74IU (18.87%), Vitamin B5: 1.57mg (15.68%), Vitamin E: 1.5mg (9.99%)