



Smoked Turkey Waldorf Salad

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups boston lettuce
- 0.5 cup celery chopped
- 2 medium apples red chopped
- 0.3 cup salad dressing reduced-calorie
- 1.5 cups turkey smoked cubed
- 0.3 cup walnut pieces toasted chopped

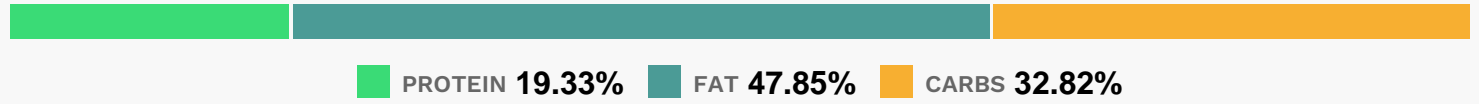
Equipment

- bowl

Directions

- In medium bowl, combine apples, celery, turkey and mayonnaise; mix well.
- Arrange lettuce on individual plates. Spoon apple mixture onto lettuce.
- Sprinkle with walnuts.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:3.48, Inflammation Score:-8, Nutrition Score:12.871304221775%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 202.97kcal (10.15%), Fat: 11.29g (17.37%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.43g (13.81%), Cholesterol: 26.84mg (8.95%), Sodium: 249.87mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.51%), Vitamin K: 68.02µg (64.78%), Vitamin A: 1791.21IU (35.82%), Manganese: 0.39mg (19.73%), Vitamin B6: 0.36mg (18.14%), Vitamin B3: 3.25mg (16.27%), Fiber: 3.43g (13.7%), Folate: 53.55µg (13.39%), Selenium: 9.04µg (12.91%), Phosphorus: 125.99mg (12.6%), Potassium: 381.39mg (10.9%), Copper: 0.19mg (9.28%), Magnesium: 34.29mg (8.57%), Vitamin B2: 0.14mg (8.34%), Vitamin C: 6.6mg (8%), Vitamin B12: 0.45µg (7.58%), Iron: 1.34mg (7.44%), Zinc: 1.06mg (7.04%), Vitamin B1: 0.09mg (6.22%), Vitamin E: 0.8mg (5.34%), Vitamin B5: 0.51mg (5.06%), Calcium: 41.82mg (4.18%)