



Sonny's Waldorf Turkey Salad

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples cored chopped
- ☐ 0.5 cup celery with leaves chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 cup mayonnaise
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 1 cup grapes red seedless halved

- ☐ 0.5 cup onion red chopped
- ☐ 2 cups turkey cubed cooked
- ☐ 0.5 cup walnuts chopped
- ☐ 1 tablespoon sugar white

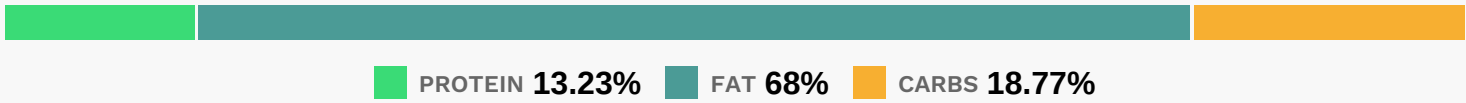
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, Parmesan cheese, cider vinegar, sugar, curry powder, and black pepper together in a bowl until smooth. Lightly toss turkey meat, red grapes, apple, celery, red onion, and walnuts in a salad bowl; pour dressing over salad and toss again to coat. Chill at least 1 hour (or overnight for best flavor).

Nutrition Facts



Properties

Glycemic Index:59.02, Glycemic Load:5.04, Inflammation Score:-3, Nutrition Score:9.1904348290485%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 297.84kcal (14.89%), Fat: 23.07g (35.49%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 12.21g (4.44%), Sugar: 10.14g (11.27%), Cholesterol: 33.87mg (11.29%), Sodium: 208.14mg

(9.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Vitamin K: 38.2µg (36.38%), Manganese: 0.44mg (22.14%), Vitamin B6: 0.31mg (15.75%), Vitamin B3: 2.77mg (13.85%), Phosphorus: 130.22mg (13.02%), Selenium: 9.05µg (12.92%), Copper: 0.24mg (11.94%), Fiber: 2.12g (8.49%), Magnesium: 31.67mg (7.92%), Vitamin B12: 0.46µg (7.67%), Zinc: 1.11mg (7.39%), Potassium: 258.47mg (7.38%), Vitamin B2: 0.12mg (7.27%), Vitamin E: 0.93mg (6.17%), Vitamin B1: 0.08mg (5.54%), Folate: 20.48µg (5.12%), Iron: 0.92mg (5.09%), Calcium: 50.26mg (5.03%), Vitamin C: 3.61mg (4.38%), Vitamin B5: 0.44mg (4.35%), Vitamin A: 129.51IU (2.59%)