



Turkey and Bacon Club Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

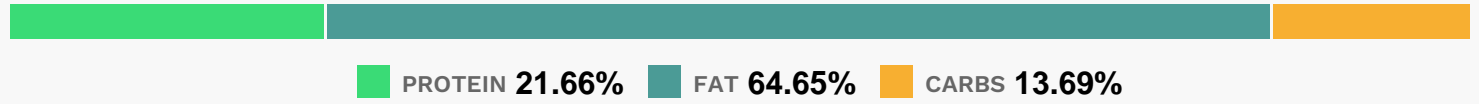
- 8 oz salad greens mixed
- 0.5 cup oscar mayer real bacon recipe pieces
- 1 cup sharp cheddar cheese shredded kraft finely
- 0.5 cup creamy poppyseed dressing kraft
- 1 medium tomatoes chopped
- 8 slices oscar mayer oven roasted turkey breast cut into strips

Equipment

Directions

- Place greens on large platter.
- Top with turkey and tomato; sprinkle with bacon and cheese.
- Drizzle with dressing just before serving.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:10.454347869624%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 330.06kcal (16.5%), Fat: 23.96g (36.86%), Saturated Fat: 9.26g (57.89%), Carbohydrates: 11.41g (3.8%), Net Carbohydrates: 11.04g (4.02%), Sugar: 7.71g (8.56%), Cholesterol: 73.49mg (24.5%), Sodium: 1137.61mg (49.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.13%), Vitamin A: 1205.16IU (24.1%), Phosphorus: 233.68mg (23.37%), Vitamin K: 23.76µg (22.63%), Calcium: 215.63mg (21.56%), Vitamin C: 17.55mg (21.28%), Selenium: 12.89µg (18.41%), Vitamin B3: 2.7mg (13.51%), Vitamin B2: 0.19mg (11.35%), Vitamin B6: 0.2mg (9.92%), Vitamin E: 1.42mg (9.45%), Zinc: 1.38mg (9.2%), Folate: 34.45µg (8.61%), Potassium: 289.49mg (8.27%), Manganese: 0.16mg (8.01%), Magnesium: 24.42mg (6.11%), Vitamin B12: 0.36µg (6.02%), Vitamin B5: 0.49mg (4.87%), Vitamin B1: 0.06mg (3.91%), Iron: 0.68mg (3.79%), Copper: 0.07mg (3.31%), Fiber: 0.37g (1.48%), Vitamin D: 0.19µg (1.29%)