



Turkey and Blue Cheese Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 anaheim chile sliced into thin rounds
- ☐ 2 ounces cheese blue crumbled
- ☐ 1 teaspoon bottled garlic minced
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon optional: dill dried
- ☐ 0.5 cup green onion chopped
- ☐ 8 ounce preshredded lettuce

- ☐ 1 tablespoon milk 1% low-fat
- ☐ 1 cup plum tomatoes chopped
- ☐ 0.3 cup ranch dressing light
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces roasted turkey cut into thin strips

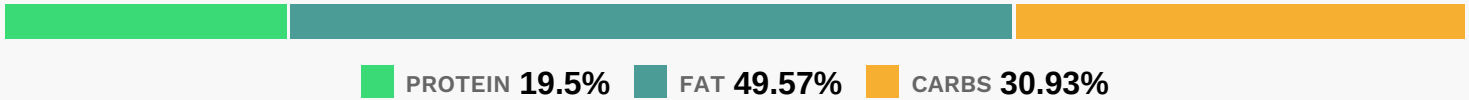
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a small bowl; set aside.
- ☐ Combine tomato, celery, and remaining ingredients in a large bowl; pour dressing over salad. Toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:57.83, Glycemic Load:5.4, Inflammation Score:-8, Nutrition Score:18.803478230601%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 293.01kcal (14.65%), Fat: 16.54g (25.44%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 15.96g (5.81%), Sugar: 4.82g (5.35%), Cholesterol: 30.51mg (10.17%), Sodium: 885.77mg (38.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.27%), Vitamin K: 75.08µg (71.5%), Manganese: 1.11mg (55.42%), Vitamin B6: 0.78mg (38.88%), Fiber: 7.26g (29.02%), Phosphorus: 256.42mg (25.64%), Vitamin A: 1116.91IU (22.34%), Folate: 72.75µg (18.19%), Vitamin C: 14.67mg (17.79%), Calcium: 160.58mg (16.06%), Potassium: 554.95mg (15.86%), Selenium: 9.68µg (13.83%), Magnesium: 54.65mg (13.66%), Copper: 0.26mg (13.07%), Iron: 2.31mg (12.86%), Zinc: 1.81mg (12.09%), Vitamin B3: 2.38mg (11.89%), Vitamin B5: 1.06mg

(10.62%), Vitamin B2: 0.17mg (10.29%), Vitamin B12: 0.48µg (7.92%), Vitamin B1: 0.11mg (7.45%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.19µg (1.28%)