



WHATSheATE



Turkey and Citrus Salad



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups baby spinach leaves
- ☐ 15 ounce mandarin orange segments drained canned
- ☐ 4 cups salad greens mixed
- ☐ 2 cups mushrooms sliced
- ☐ 2 cups roast turkey leftover
- ☐ 8 ounces sugar snap peas trimmed halved
- ☐ 0.5 cup raspberry vinaigrette salad dressing
- ☐ 0.5 cup walnut halves

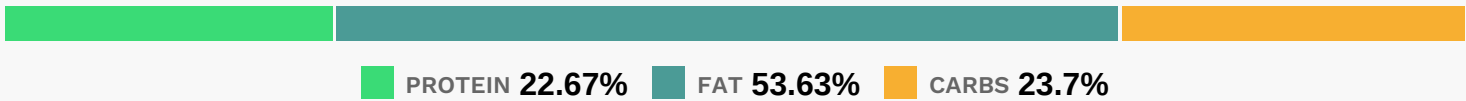
Equipment

☐ bowl

Directions

☐ Toss snap peas, turkey meat, spinach leaves, mixed salad greens, mushrooms, mandarin orange pieces, walnuts, and raspberry vinaigrette dressing lightly in a salad bowl to combine, and serve.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.34, Inflammation Score:-9, Nutrition Score:17.495217259811%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 211.7kcal (10.58%), Fat: 13.24g (20.37%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 13.17g (4.39%), Net Carbohydrates: 10.73g (3.9%), Sugar: 7.64g (8.49%), Cholesterol: 18.93mg (6.31%), Sodium: 727.38mg (31.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.6g (25.19%), Vitamin K: 95.17µg (90.64%), Vitamin C: 44.48mg (53.92%), Vitamin A: 2640.77IU (52.82%), Manganese: 0.49mg (24.7%), Phosphorus: 219.18mg (21.92%), Copper: 0.41mg (20.71%), Folate: 62.31µg (15.58%), Magnesium: 56.38mg (14.1%), Potassium: 478.16mg (13.66%), Iron: 2.26mg (12.53%), Vitamin B2: 0.19mg (10.88%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.43g (9.74%), Zinc: 1.34mg (8.93%), Vitamin B6: 0.18mg (8.88%), Vitamin E: 1.27mg (8.46%), Vitamin B3: 1.57mg (7.87%), Vitamin B5: 0.65mg (6.47%), Calcium: 50.41mg (5.04%), Selenium: 3.48µg (4.97%)