



## Turkey and Dried Cherry Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 8 ounces gemelli uncooked (twist)
- 1.5 cups turkey cubed cooked
- 0.5 cup cherries dried
- 0.3 cup slivered almonds toasted
- 0.5 cup celery thinly sliced
- 0.3 cup spring onion chopped
- 0.8 cup poppy seeds refrigerated

### Equipment

bowl

## Directions

- Cook and drain pasta as directed on package.
- In large bowl, mix pasta and remaining ingredients except dressing.
- Pour dressing over mixture; toss until coated.
- Serve immediately, or cover and refrigerate until serving.

## Nutrition Facts

 **PROTEIN 18.84%**  **FAT 27.85%**  **CARBS 53.31%**

## Properties

Glycemic Index:30.25, Glycemic Load:17.31, Inflammation Score:-7, Nutrition Score:22.674347628718%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 452.38kcal (22.62%), Fat: 14.15g (21.77%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 52.85g (19.22%), Sugar: 10.55g (11.72%), Cholesterol: 26.84mg (8.95%), Sodium: 63.62mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.07%), Manganese: 1.96mg (97.96%), Selenium: 46.67µg (66.67%), Phosphorus: 376.31mg (37.63%), Calcium: 326.98mg (32.7%), Fiber: 8.1g (32.42%), Magnesium: 125.3mg (31.32%), Copper: 0.58mg (28.84%), Vitamin B3: 4.29mg (21.47%), Zinc: 3.2mg (21.3%), Iron: 3.5mg (19.45%), Vitamin B6: 0.37mg (18.63%), Vitamin B1: 0.25mg (16.6%), Vitamin K: 16.69µg (15.9%), Vitamin E: 2.22mg (14.83%), Vitamin A: 677.82IU (13.56%), Potassium: 444.3mg (12.69%), Vitamin B2: 0.21mg (12.4%), Folate: 39.71µg (9.93%), Vitamin B12: 0.45µg (7.58%), Vitamin B5: 0.67mg (6.75%), Vitamin C: 1.75mg (2.13%)