



Turkey and Dried Cherry Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery thinly sliced
- ☐ 0.5 cup cherries dried
- ☐ 8 ounces soup noodles uncooked (twist)
- ☐ 0.8 cup poppy seeds refrigerated
- ☐ 0.3 cup slivered almonds toasted
- ☐ 1.5 cups turkey cubed cooked

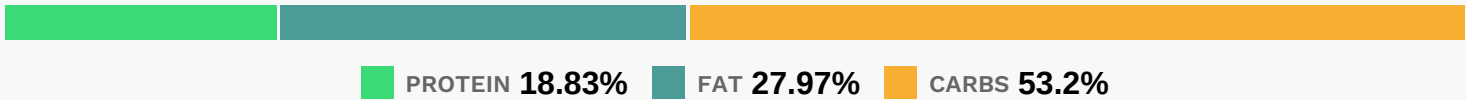
Equipment

- ☐ 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



Properties

Glycemic Index:22.25, Glycemic Load:17.22, Inflammation Score:-7, Nutrition Score:21.77130455297%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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 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 Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 450.38kcal (22.52%), Fat: 14.14g (21.75%), Saturated Fat: 1.81g (11.31%), Carbohydrates: 60.5g (20.17%), Net Carbohydrates: 52.55g (19.11%), Sugar: 10.4g (11.56%), Cholesterol: 26.84mg (8.95%), Sodium: 62.62mg (2.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.84%), Manganese: 1.95mg (97.46%), Selenium: 46.63µg (66.62%), Phosphorus: 374mg (37.4%), Calcium: 322.48mg (32.25%), Fiber: 7.94g (31.77%), Magnesium: 124.05mg (31.01%), Copper: 0.57mg (28.58%), Vitamin B3: 4.26mg (21.31%), Zinc: 3.17mg (21.14%), Iron: 3.41mg (18.94%), Vitamin B6: 0.37mg (18.43%), Vitamin B1: 0.25mg (16.37%), Vitamin E: 2.19mg (14.6%), Vitamin A: 615.51IU (12.31%), Potassium: 427.05mg (12.2%), Vitamin B2: 0.21mg (12.11%), Folate: 35.71µg (8.93%), Vitamin B12: 0.45µg (7.58%), Vitamin B5: 0.67mg (6.7%), Vitamin K: 3.76µg (3.58%)