



Turkey Club Pasta Salad with Lemon-Basil Dressing

READY IN



145 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7 ounces shells
- 1.5 cups turkey smoked fully cooked cut into 1x1/4-inch strips
- 1.5 cups lettuce shredded
- 4 ounces swiss cheese shredded
- 1 cup tomatoes chopped
- 6 slices bacon crumbled cooked
- 0.8 cup salad dressing
- 2 tablespoons basil dried fresh chopped

1 teaspoon lemon zest grated

1 teaspoon juice of lemon

Equipment

bowl

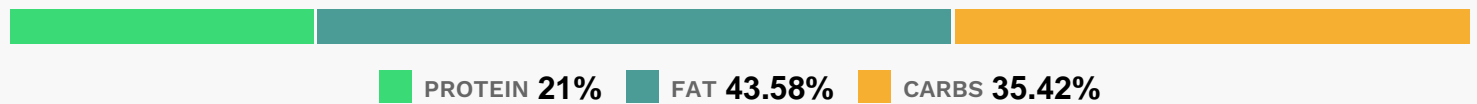
Directions

Mix all ingredients for Lemon-Basil Dressing.

Cook and drain pasta as directed on package. Rinse with cold water; drain.

Mix pasta, dressing and remaining ingredients in large bowl. Cover and refrigerate 1 to 2 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:10.36, Inflammation Score:-5, Nutrition Score:14.665217562862%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 350.4kcal (17.52%), Fat: 16.9g (26%), Saturated Fat: 5.76g (36%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 28.79g (10.47%), Sugar: 5.14g (5.71%), Cholesterol: 43.39mg (14.46%), Sodium: 494.96mg (21.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Selenium: 36.59µg (52.27%), Vitamin K: 45.91µg (43.72%), Phosphorus: 265.24mg (26.52%), Manganese: 0.5mg (24.98%), Calcium: 218.67mg (21.87%), Vitamin B3: 3.59mg (17.93%), Vitamin B12: 0.96µg (16.02%), Vitamin B6: 0.32mg (15.84%), Zinc: 2.17mg (14.43%), Iron: 2.16mg (12.01%), Magnesium: 47.5mg (11.87%), Vitamin B2: 0.17mg (9.84%), Vitamin A: 491.68IU (9.83%), Potassium: 328.13mg (9.38%), Copper: 0.19mg (9.26%), Fiber: 2.11g (8.45%), Vitamin E: 1.16mg (7.74%), Vitamin B1: 0.11mg (7.5%), Vitamin C: 4.79mg (5.8%), Folate: 22.68µg (5.67%), Vitamin B5: 0.57mg (5.66%)