



Turkey-Egg Salad

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



129 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 stalk celery chopped
- 1 Tbsp celery seed
- 6 hard-cooked eggs chopped
- 1.5 cups miracle whip dressing
- 0.3 cup onions finely chopped
- 0.5 cup claussen pickle relish sweet
- 6 cups meat turkey dark white leftover cooked chopped

Equipment

bowl

Directions

Mix all ingredients except turkey in large bowl. Gently stir in turkey.

Cover and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:3.93, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:7.8865216918614%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 3.33mg, Luteolin: 3.33mg, Luteolin: 3.33mg, Luteolin: 3.33mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 128.9kcal (6.44%), Fat: 4.05g (6.23%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.84g (2.49%), Sugar: 5.42g (6.02%), Cholesterol: 114.42mg (38.14%), Sodium: 360.98mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.8%), Selenium: 18.89µg (26.99%), Vitamin B3: 4.59mg (22.96%), Vitamin B6: 0.4mg (19.98%), Vitamin B12: 0.92µg (15.27%), Phosphorus: 147mg (14.7%), Vitamin B2: 0.22mg (12.72%), Zinc: 1.29mg (8.6%), Vitamin B5: 0.76mg (7.63%), Vitamin K: 7.7µg (7.33%), Iron: 1.03mg (5.7%), Potassium: 188.23mg (5.38%), Magnesium: 20mg (5%), Vitamin A: 250.12IU (5%), Vitamin D: 0.55µg (3.68%), Folate: 14.31µg (3.58%), Copper: 0.06mg (3.08%), Vitamin B1: 0.04mg (2.96%), Fiber: 0.71g (2.85%), Calcium: 27.27mg (2.73%), Manganese: 0.05mg (2.61%), Vitamin E: 0.32mg (2.11%)