



Turkey Macaroni Salad

READY IN



25 min.

SERVINGS



4

CALORIES



739 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup celery chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper white
- ☐ 1 cup mayonnaise
- ☐ 1 cup yogurt plain
- ☐ 1 teaspoon salt
- ☐ 8 ounces fusilli/spiral pasta dry
- ☐ 3 cups turkey cubed cooked

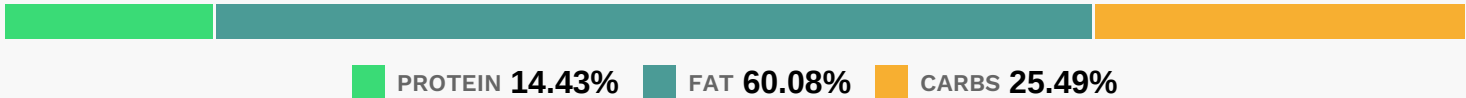
Equipment

☐ bowl

Directions

- ☐ Cook pasta according to package directions.
- ☐ Drain, rinse with cold water, and drain again.
- ☐ In a large bowl, combine mayonnaise, yogurt, onions, salt, and white pepper. Gently stir in turkey, pasta, and celery. Cover, and chill until serving time.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:17.93, Inflammation Score:-5, Nutrition Score:21.005652168523%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 739.35kcal (36.97%), Fat: 49g (75.38%), Saturated Fat: 9.1g (56.84%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 44.36g (16.13%), Sugar: 5.22g (5.8%), Cholesterol: 85.16mg (28.39%), Sodium: 1073.25mg (46.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.97%), Vitamin K: 111.79µg (106.47%), Selenium: 54.49µg (77.84%), Vitamin B3: 6.81mg (34.06%), Phosphorus: 322.02mg (32.2%), Manganese: 0.58mg (28.77%), Vitamin B6: 0.57mg (28.69%), Vitamin B12: 1.2µg (20.06%), Zinc: 2.63mg (17.54%), Vitamin B2: 0.29mg (17%), Magnesium: 60.7mg (15.17%), Vitamin E: 2.11mg (14.04%), Potassium: 482.63mg (13.79%), Copper: 0.25mg (12.62%), Vitamin B5: 1.25mg (12.5%), Calcium: 113.83mg (11.38%), Fiber: 2.4g (9.59%), Iron: 1.68mg (9.35%), Folate: 35.61µg (8.9%), Vitamin B1: 0.12mg (7.93%), Vitamin A: 314.47IU (6.29%), Vitamin C: 2.28mg (2.76%), Vitamin D: 0.4µg (2.65%)