



Turkey Mandarin Walnut Salad

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 11 oz mandarin orange segments drained canned
- 3 Tbsp grey poupon country dijon mustard
- 2 Tbsp honey
- 2 Tbsp juice of lemon
- 0.3 cup planters peanut oil
- 6 cups torn spinach leaves
- 1.5 cups julienne-cut turkey breast cooked
- 0.5 cup planters walnut pieces toasted

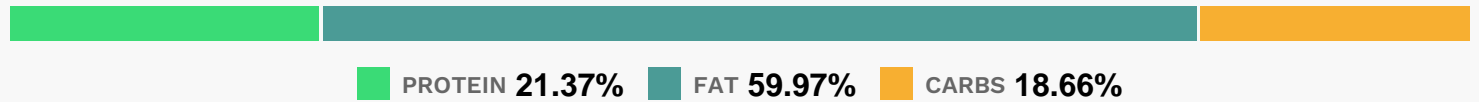
Equipment

- bowl
- whisk

Directions

- Beat oil, mustard, honey and lemon juice with wire whisk until well blended.
- Layer spinach, turkey and oranges in serving bowl.
- Add mustard mixture and walnuts to salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:34.07, Glycemic Load:4.96, Inflammation Score:-10, Nutrition Score:29.499130490034%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg, Kaempferol: 2.87mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 424.78kcal (21.24%), Fat: 29.61g (45.56%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 17.31g (6.29%), Sugar: 16.02g (17.8%), Cholesterol: 47.91mg (15.97%), Sodium: 346.75mg (15.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.74g (47.48%), Vitamin K: 218.04µg (207.66%), Vitamin A: 5271.61IU (105.43%), Vitamin C: 42.26mg (51.23%), Vitamin B3: 9.72mg (48.62%), Manganese: 0.97mg (48.27%), Vitamin B6: 0.9mg (45.06%), Selenium: 25.53µg (36.48%), Phosphorus: 303.78mg (30.38%), Folate: 114.24µg (28.56%), Vitamin E: 4.06mg (27.08%), Magnesium: 95.47mg (23.87%), Copper: 0.38mg (19.12%), Potassium: 666.39mg (19.04%), Vitamin B2: 0.27mg (16.02%), Zinc: 2.36mg (15.72%), Iron: 2.57mg (14.27%), Vitamin B1: 0.21mg (13.73%), Fiber: 3.43g (13.73%), Vitamin B12: 0.56µg (9.32%), Calcium: 88.83mg (8.88%), Vitamin B5: 0.85mg (8.51%)