



Turkey-Pineapple Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



24 min.

SERVINGS



3

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 3 cups cauliflower florets
- ☐ 0.8 cup spring onion sliced
- ☐ 1 large bell pepper red cut into strips
- ☐ 1.5 pounds deli- turkey uncooked cut into 1/2-inch pieces
- ☐ 6 cups romaine leaves
- ☐ 40 ounces pineapple chunks drained canned
- ☐ 3 tablespoons citrus champagne vinegar

☐ 0.5 teaspoon pepper freshly ground

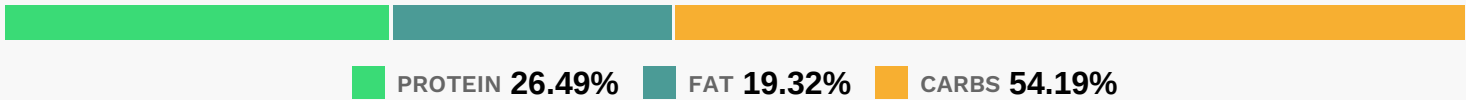
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat wok or 12-inch skillet over high heat until 1 or 2 drops of water bubble and skitter when sprinkled in wok.
- ☐ Add oil; rotate wok to coat side.
- ☐ Add cauliflowerets; stir-fry about 3 minutes or until crisp-tender.
- ☐ Add onions and bell pepper; stir-fry 1 minute.
- ☐ Remove vegetable mixture from wok.
- ☐ Add turkey to wok; stir-fry about 4 minutes or until no longer pink in center.
- ☐ Remove turkey from wok.
- ☐ Toss lettuce, pineapple chunks, vegetable mixture and turkey in large salad bowl. Shake reserved pineapple juice, the vinegar and pepper in tightly covered container.
- ☐ Pour over turkey mixture; toss to coat.

Nutrition Facts



Properties

Glycemic Index:42.67, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:54.696956613789%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 629.15kcal (31.46%), Fat: 14g (21.54%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 88.36g (29.45%), Net Carbohydrates: 74.83g (27.21%), Sugar: 65.49g (72.76%), Cholesterol: 111.13mg (37.04%), Sodium: 2210.35mg (96.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.18g (86.37%), Vitamin A: 37185.63IU (743.71%), Vitamin C: 243.65mg (295.34%), Vitamin B6: 2.05mg (102.29%), Vitamin B3: 20.36mg (101.8%), Manganese: 1.75mg (87.73%), Phosphorus: 797.59mg (79.76%), Potassium: 2721.71mg (77.76%), Vitamin K: 81.46µg (77.58%), Folate: 305.98µg (76.5%), Vitamin B1: 1.04mg (69.24%), Vitamin B2: 1.01mg (59.32%), Fiber: 13.53g (54.11%), Selenium: 34.66µg (49.51%), Magnesium: 189.03mg (47.26%), Iron: 7.4mg (41.09%), Calcium: 308.78mg (30.88%), Copper: 0.53mg (26.69%), Zinc: 3.97mg (26.46%), Vitamin E: 3.25mg (21.64%), Vitamin B5: 1.55mg (15.49%), Vitamin B12: 0.84µg (13.99%), Vitamin D: 0.45µg (3.02%)