



## Turkey Salad Royale

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

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup celery chopped
- 9 oz oscar mayer deli turkey breast smoked fresh chopped
- 2 Tbsp onions finely chopped
- 0.3 cup planters pecans chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft

### Equipment

## Directions

- Mix all ingredients until well blended; cover.
- Refrigerate several hours or until chilled.

## Nutrition Facts

**PROTEIN 29.4%** **FAT 54.21%** **CARBS 16.39%**

## Properties

Glycemic Index:6.9, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.6756521780854%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 54.74kcal (2.74%), Fat: 3.39g (5.22%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.86g (0.96%), Cholesterol: 9.06mg (3.02%), Sodium: 352.55mg (15.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Phosphorus: 68.77mg (6.88%), Manganese: 0.13mg (6.41%), Copper: 0.1mg (4.96%), Vitamin K: 3.85µg (3.67%), Magnesium: 10.78mg (2.69%), Zinc: 0.35mg (2.36%), Potassium: 74.7mg (2.13%), Iron: 0.37mg (2.05%), Fiber: 0.34g (1.34%), Vitamin B1: 0.02mg (1.33%), Vitamin E: 0.17mg (1.12%)