



Turkey Salad with Cherries and Walnuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

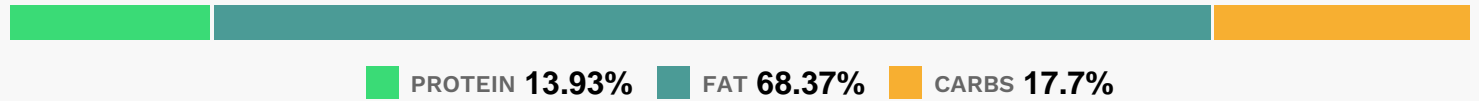
- 8 oz baby salad greens mixed
- 2 stalks celery sliced
- 4 green onions sliced
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 2 cups cherries dark sweet pitted coarsely chopped
- 2 cups turkey cooked chopped
- 0.5 cup red wine vinaigrette dressing light kraft
- 0.5 cup planters walnuts toasted coarsely chopped

Equipment

Directions

- Combine first 5 ingredients. Refrigerate 30 min.
- Toss greens with dressing; place on 6 salad plates.
- Top with turkey mixture and nuts.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:1.72, Inflammation Score:-6, Nutrition Score:11.083043593427%

Flavonoids

Cyanidin: 14.16mg, Cyanidin: 14.16mg, Cyanidin: 14.16mg, Cyanidin: 14.16mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 273.1kcal (13.65%), Fat: 21.58g (33.2%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 10.52g (3.83%), Sugar: 7.49g (8.32%), Cholesterol: 25.85mg (8.62%), Sodium: 162.2mg (7.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.9g (19.79%), Vitamin K: 48.96µg (46.63%), Manganese: 0.45mg (22.6%), Vitamin C: 14.03mg (17.01%), Vitamin B6: 0.32mg (15.93%), Vitamin B3: 3mg (15.01%), Phosphorus: 126.8mg (12.68%), Vitamin A: 627.68IU (12.55%), Selenium: 8.44µg (12.06%), Copper: 0.24mg (12.04%), Potassium: 346.62mg (9.9%), Vitamin E: 1.44mg (9.62%), Folate: 38.12µg (9.53%), Magnesium: 36.22mg (9.06%), Fiber: 2.04g (8.16%), Vitamin B2: 0.12mg (7.29%), Zinc: 1.06mg (7.07%), Vitamin B12: 0.4µg (6.74%), Iron: 1.13mg (6.3%), Vitamin B1: 0.08mg (5.41%), Vitamin B5: 0.51mg (5.07%), Calcium: 35.93mg (3.59%)