



Turkey Salad with Cranberry Dressing

READY IN



35 min.

SERVINGS



8

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup canola oil
- ☐ 2 tablespoons dijon mustard
- ☐ 4 medium size dinner rolls cut into 2-inch cubes (2 cups)
- ☐ 0.5 cucumber english thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 0.3 teaspoon pepper

- ☐ 1 small head romaine lettuce chopped
- ☐ 0.3 teaspoon salt
- ☐ 5.5 oz spring greens mix
- ☐ 2 cups turkey coarsely chopped
- ☐ 0.3 cup whole-berry cranberry sauce

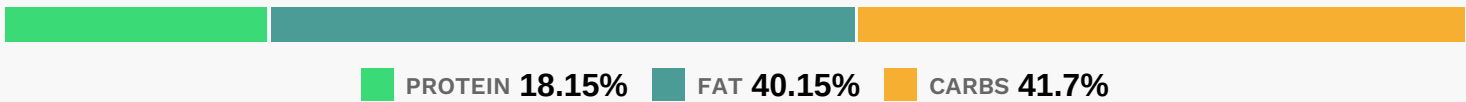
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 42
- ☐ Stir together first 2 ingredients in a bowl.
- ☐ Add bread cubes; toss to coat.
- ☐ Bake cubes in a single layer in a jelly-roll pan 3 to 5 minutes or until golden, stirring once. Cool completely on a wire rack (about 15 minutes).
- ☐ Combine spring greens, next 3 ingredients, and toasted bread cubes in a serving bowl. Process vinegar and next 6 ingredients in a blender until smooth.
- ☐ Serve with salad.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:1.45, Inflammation Score:-10, Nutrition Score:17.915652047033%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 194.64kcal (9.73%), Fat: 8.81g (13.56%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 17.7g (6.44%), Sugar: 6.84g (7.6%), Cholesterol: 25.42mg (8.47%), Sodium: 292.9mg (12.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.93%), Vitamin A: 7166.93IU (143.34%), Vitamin K: 87.17µg (83.02%), Folate: 130.37µg (32.59%), Manganese: 0.46mg (22.82%), Selenium: 14.3µg (20.42%), Vitamin B3: 3.18mg (15.92%), Vitamin B6: 0.26mg (13.04%), Vitamin B1: 0.18mg (12.18%), Iron: 2.19mg (12.15%), Fiber: 2.9g (11.58%), Phosphorus: 113.11mg (11.31%), Vitamin B2: 0.18mg (10.6%), Potassium: 366.95mg (10.48%), Vitamin C: 8.52mg (10.32%), Magnesium: 34.08mg (8.52%), Calcium: 83.37mg (8.34%), Zinc: 0.95mg (6.33%), Vitamin E: 0.9mg (5.98%), Copper: 0.12mg (5.97%), Vitamin B12: 0.31µg (5.15%), Vitamin B5: 0.48mg (4.84%)