



Turkey Salad with Grapes and Walnuts

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

READY IN



15 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 medium stalks celery diced finely
- 1 cup and/or grapes green red seedless
- 0.5 cup real mayonnaise best foods®
- 1 tablespoon tarragon leaves dried crushed
- 3 cups cut-up turkey cooked
- 2 tablespoons citrus champagne vinegar

Equipment

- bowl

whisk

Directions

Combine Hellmann's or Best Foods Real Mayonnaise, vinegar and tarragon in large bowl with wire whisk. Stir in turkey and celery. Gently fold in grapes and walnuts. Season, if desired, with salt and black pepper.

Serve over mixed greens.

*SUBSTITUTION: Use 1 cup cored and chopped apples instead of grapes.

Nutrition Facts

 **PROTEIN 20.79%**  **FAT 68.96%**  **CARBS 10.25%**

Properties

Glycemic Index:49.5, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:11.870434693668%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 330.95kcal (16.55%), Fat: 25.37g (39.03%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 7.7g (2.8%), Sugar: 6.32g (7.03%), Cholesterol: 65.44mg (21.81%), Sodium: 279.74mg (12.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.43%), Vitamin K: 57.01µg (54.3%), Vitamin B3: 5.98mg (29.9%), Vitamin B6: 0.54mg (26.91%), Selenium: 16.72µg (23.88%), Phosphorus: 160.73mg (16.07%), Vitamin B12: 0.94µg (15.72%), Vitamin B2: 0.2mg (12.03%), Potassium: 352.47mg (10.07%), Manganese: 0.2mg (10.06%), Zinc: 1.49mg (9.95%), Iron: 1.47mg (8.19%), Magnesium: 30.13mg (7.53%), Vitamin E: 1.11mg (7.41%), Vitamin B5: 0.72mg (7.21%), Copper: 0.13mg (6.51%), Vitamin A: 248.16IU (4.96%), Vitamin B1: 0.07mg (4.88%), Folate: 19.37µg (4.84%), Calcium: 42.6mg (4.26%), Vitamin C: 2.74mg (3.32%), Fiber: 0.79g (3.16%), Vitamin D: 0.28µg (1.86%)