



## Turkey Salad with Grapes, Tarragon, and Celery



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients



4 cups boston lettuce



0.5 cup celery stalk sliced



1.5 tablespoons dijon mustard



2 teaspoons tarragon fresh finely chopped



2 cups white-meat turkey shredded leftover



2 teaspoons juice of lemon fresh



0.3 cup mayonnaise light

- ☐ 0.5 cup grapes red halved
- ☐ 1 tablespoon shallots finely chopped

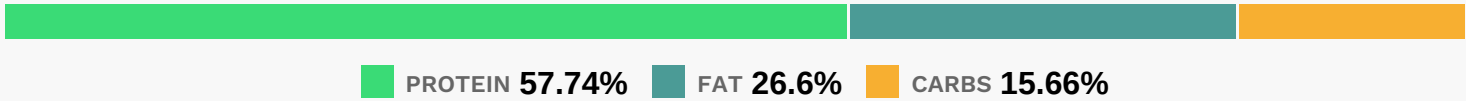
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk together first 5 ingredients in a medium bowl to make dressing.
- ☐ Combine the turkey, grapes, and celery with dressing.
- ☐ Place 1 cup lettuce on each of 4 salad plates and top with turkey mixture.

## Nutrition Facts



## Properties

Glycemic Index:52.5, Glycemic Load:1.97, Inflammation Score:-8, Nutrition Score:18.512173642283%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 189.34kcal (9.47%), Fat: 5.73g (8.82%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 6.27g (2.28%), Sugar: 4.4g (4.89%), Cholesterol: 64.11mg (21.37%), Sodium: 248.95mg (10.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28g (56.01%), Vitamin K: 65.23µg (62.12%), Vitamin B3: 11.31mg (56.53%), Vitamin B6: 1.07mg (53.44%), Selenium: 27.58µg (39.41%), Vitamin A: 1809.31IU (36.19%), Phosphorus: 291.68mg (29.17%), Potassium: 573.65mg (16.39%), Zinc: 2.21mg (14.7%), Folate: 55.47µg (13.87%), Magnesium: 48.96mg (12.24%), Manganese: 0.23mg (11.72%), Vitamin B5: 1.14mg (11.41%), Iron: 2.04mg (11.35%), Vitamin B2: 0.19mg (11.03%), Vitamin B12: 0.57µg (9.56%), Vitamin B1: 0.13mg (8.69%), Copper: 0.12mg (5.89%), Vitamin C: 4.54mg (5.5%), Fiber: 1.33g (5.3%), Calcium: 44.66mg (4.47%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.45µg (3%)