



## Turkey Slaw Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup cranberries dried
- 1 cup coleslaw blend (cabbage slaw mix)
- 2 Tbsp miracle whip dressing light
- 1 cup turkey cooked chopped

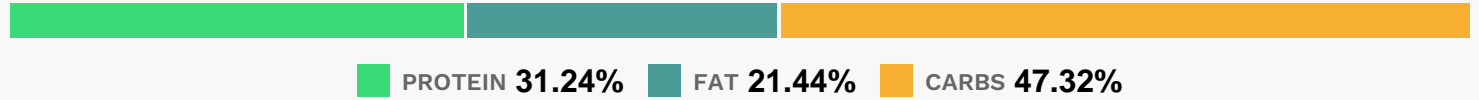
### Equipment

- bowl

## Directions

- Toss turkey with coleslaw blend and cranberries in medium bowl.
- Add dressing; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:4.4, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:1.5399999871202%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 27.79kcal (1.39%), Fat: 0.69g (1.06%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 3.01g (1.1%), Sugar: 2.76g (3.07%), Cholesterol: 7.44mg (2.48%), Sodium: 37.76mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Vitamin K: 5.55µg (5.29%), Vitamin B3: 0.79mg (3.96%), Vitamin B6: 0.07mg (3.47%), Vitamin C: 2.57mg (3.11%), Selenium: 2.16µg (3.08%), Phosphorus: 20.41mg (2.04%), Vitamin B12: 0.12µg (2.02%), Fiber: 0.4g (1.59%), Vitamin B2: 0.02mg (1.3%), Zinc: 0.19mg (1.28%), Potassium: 37.22mg (1.06%), Manganese: 0.02mg (1.02%), Vitamin B5: 0.1mg (1.02%)