



Turkey Tonnato Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

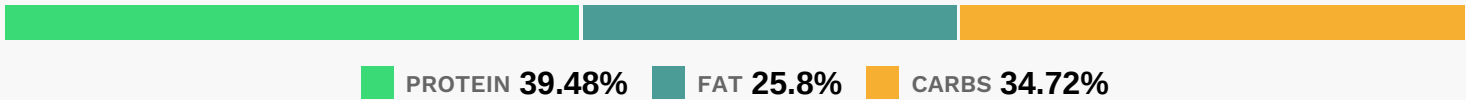
- ☐ 8 servings garnishes: capers black italian
- ☐ 1 pint cherry tomatoes cut into halves
- ☐ 0.5 medium cucumber peeled halved lengthwise sliced
- ☐ 1 cup fennel bulb fresh sliced
- ☐ 1 small head romaine lettuce
- ☐ 8 servings tonnato dressing
- ☐ 1 cup watercress trimmed
- ☐ 2 cups turkey cubed cooked

Equipment

Directions

- ☐
- Place lettuce and watercress on a large serving platter or individual salad plates; arrange next 4 ingredients on top.
- ☐
- Drizzle with Tonnato Dressing, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:16.991739418196%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 68.83kcal (3.44%), Fat: 2.11g (3.25%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 6.39g (2.13%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.25g (3.61%), Cholesterol: 18.3mg (6.1%), Sodium: 112.13mg (4.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.26g (14.53%), Vitamin A: 7281.35IU (145.63%), Vitamin K: 101.37µg (96.55%), Folate: 121.43µg (30.36%), Vitamin C: 20.24mg (24.54%), Vitamin B6: 0.27mg (13.55%), Potassium: 455.16mg (13%), Vitamin B3: 2.55mg (12.76%), Manganese: 0.23mg (11.47%), Fiber: 2.57g (10.27%), Phosphorus: 96.76mg (9.68%), Selenium: 6.1µg (8.72%), Iron: 1.53mg (8.48%), Vitamin B2: 0.13mg (7.44%), Magnesium: 27.43mg (6.86%), Vitamin B1: 0.1mg (6.6%), Copper: 0.13mg (6.4%), Zinc: 0.76mg (5.07%), Vitamin B12: 0.3µg (5.07%), Calcium: 48.14mg (4.81%), Vitamin B5: 0.46mg (4.59%), Vitamin E: 0.61mg (4.09%)