



Turkey Waldorf Salad

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

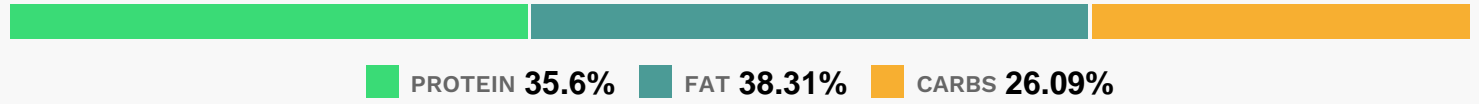
- 1 romaine leaves
- 10 grapes red seedless halved
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 0.5 cup turkey breast cooked chopped
- 1 Tbsp planters walnuts coarsely chopped
- 6 woven wheat crackers reduced-fat

Equipment

Directions

- Combine first 4 ingredients.
- Spoon onto lettuce-covered plate.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:4.1, Inflammation Score:-8, Nutrition Score:17.430869436782%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg

Nutrients (% of daily need)

Calories: 309.82kcal (15.49%), Fat: 13.59g (20.91%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 18.7g (6.8%), Sugar: 10.33g (11.48%), Cholesterol: 66.12mg (22.04%), Sodium: 455.23mg (19.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.42g (56.84%), Vitamin B3: 12.04mg (60.21%), Vitamin B6: 1.04mg (51.89%), Selenium: 27.9µg (39.86%), Vitamin A: 1845.42IU (36.91%), Phosphorus: 332.83mg (33.28%), Manganese: 0.46mg (22.91%), Vitamin B2: 0.25mg (14.44%), Vitamin K: 15.09µg (14.37%), Copper: 0.29mg (14.33%), Potassium: 476.77mg (13.62%), Magnesium: 52.27mg (13.07%), Zinc: 1.94mg (12.93%), Vitamin B12: 0.75µg (12.42%), Vitamin B5: 1.01mg (10.07%), Iron: 1.63mg (9.03%), Vitamin B1: 0.13mg (8.85%), Fiber: 2.13g (8.51%), Vitamin C: 6.05mg (7.33%), Folate: 28.76µg (7.19%), Calcium: 48.04mg (4.8%), Vitamin E: 0.61mg (4.1%)