



## Turkey Waldorf Salad

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

READY IN



30 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon pepper black as needed freshly ground plus more
- 3 medium celery stalks
- 0.5 teaspoon kosher salt as needed plus more
- 1 tablespoon juice of lemon freshly squeezed
- 0.8 cup mayonnaise
- 2 tablespoons parsley fresh italian coarsely chopped
- 1 cup grapes red seedless halved
- 1 medium apples such as granny smith, cored and cut into medium dice crisp

- 8 ounces turkey cooked
- 0.5 cup walnuts toasted coarsely chopped

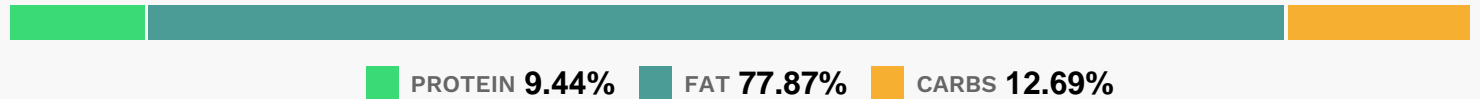
## Equipment

- bowl

## Directions

- Combine all of the measured ingredients in a large bowl. Taste and season with additional salt and pepper as needed.
- Serve on leaves of butter lettuce, if using.

## Nutrition Facts



## Properties

Glycemic Index:40.67, Glycemic Load:3.35, Inflammation Score:-3, Nutrition Score:9.5034784104513%

## Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg, Apigenin: 2.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 326.66kcal (16.33%), Fat: 28.93g (44.51%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 8.89g (3.23%), Sugar: 7.59g (8.43%), Cholesterol: 31.08mg (10.36%), Sodium: 405.04mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin K: 72.83µg (69.37%), Manganese: 0.38mg (19.11%), Vitamin B6: 0.25mg (12.68%), Vitamin B3: 2.26mg (11.3%), Copper: 0.23mg (11.28%), Phosphorus: 98.68mg (9.87%), Selenium: 6.88µg (9.83%), Vitamin E: 1.13mg (7.55%), Fiber: 1.71g (6.85%),

Magnesium: 26.86mg (6.71%), Vitamin C: 5.13mg (6.22%), Vitamin B12: 0.36µg (6.02%), Potassium: 205.55mg (5.87%), Zinc: 0.87mg (5.8%), Vitamin B2: 0.1mg (5.77%), Vitamin B1: 0.07mg (4.91%), Iron: 0.8mg (4.44%), Folate: 17.51µg (4.38%), Vitamin A: 190.07IU (3.8%), Vitamin B5: 0.37mg (3.67%), Calcium: 22.36mg (2.24%)