



Turkey Waldorf Salad

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



177 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 0.5 pound delicious apple red cubed
- ☐ 1 cup grapes red seedless halved
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons cup heavy whipping cream fat-free sour

- ☐ 1.5 cups turkey breast cubed cooked
- ☐ 2 tablespoons walnuts toasted chopped

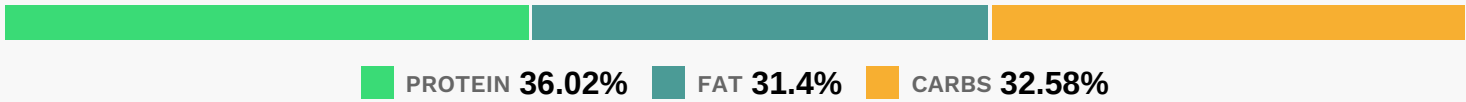
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir with a whisk.
- ☐ Combine apple, turkey, grapes, celery, and walnuts in a bowl. Stir in mayonnaise mixture; cover and chill.
- ☐ Serve on lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:9.9360870058122%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg, Epicatechin: 3.42mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 176.58kcal (8.83%), Fat: 6.43g (9.89%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 15g (5%), Net Carbohydrates: 13.18g (4.79%), Sugar: 10.18g (11.31%), Cholesterol: 40.77mg (13.59%), Sodium: 374.53mg (16.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Vitamin B3: 7.23mg (36.14%), Vitamin B6: 0.63mg (31.35%), Selenium: 17.06µg (24.37%), Phosphorus: 203.72mg (20.37%), Vitamin K: 14.65µg (13.95%), Manganese: 0.2mg (10.17%), Potassium: 339.08mg (9.69%), Vitamin B2: 0.16mg (9.36%), Copper: 0.16mg (7.99%), Vitamin B12: 0.47µg (7.81%), Magnesium: 30.86mg (7.71%), Zinc: 1.15mg (7.64%), Fiber: 1.82g (7.3%), Vitamin B5: 0.65mg (6.52%), Vitamin C: 4.58mg (5.55%), Vitamin B1: 0.07mg (4.82%), Folate: 16.35µg (4.09%), Iron: 0.71mg (3.95%), Calcium: 34.01mg (3.4%), Vitamin E: 0.49mg (3.25%), Vitamin A: 131.7IU (2.63%)