



Turkey-Walnut Salad

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

READY IN



45 min.

SERVINGS



10

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 rib celery sliced
- 2 tablespoons dijon mustard
- 0.5 cup cranberries dried
- 3 tablespoons parsley fresh chopped
- 0.5 cup mayonnaise light
- 10 servings salad greens mixed
- 0.3 teaspoon pepper freshly ground
- 0.5 cup onion red chopped

- 0.3 teaspoon salt
- 2 cups turkey cooked chopped
- 0.3 cup walnuts toasted chopped

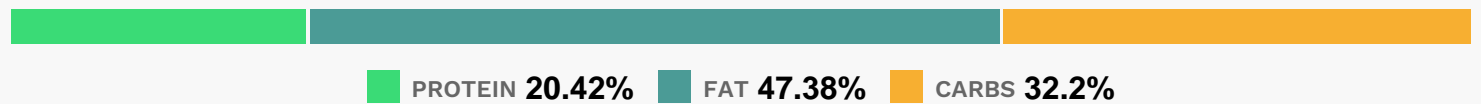
Equipment

- bowl

Directions

- Stir together turkey and next 9 ingredients in a bowl.
- Cover and chill at least 30 minutes.
- Serve over salad greens.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:6.2739130478838%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 104.5kcal (5.22%), Fat: 5.73g (8.81%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 7.92g (2.88%), Sugar: 5.28g (5.87%), Cholesterol: 16.11mg (5.37%), Sodium: 217.95mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin K: 26.45µg (25.19%), Vitamin C: 11.54mg (13.98%), Vitamin A: 578.51IU (11.57%), Manganese: 0.21mg (10.47%), Vitamin B3: 1.85mg (9.24%), Vitamin B6: 0.18mg (9.12%), Selenium: 5.93µg (8.47%), Phosphorus: 70.65mg (7.06%), Folate: 23.14µg (5.79%), Copper: 0.1mg (4.78%), Potassium: 156.7mg (4.48%), Magnesium: 17.41mg (4.35%), Vitamin B12: 0.24µg (4.04%), Vitamin B2: 0.07mg (4.02%), Zinc: 0.59mg (3.93%), Iron: 0.69mg (3.84%), Fiber: 0.84g (3.35%), Vitamin B1: 0.04mg (2.91%), Vitamin E: 0.43mg (2.89%), Vitamin B5: 0.27mg (2.7%), Calcium: 17.19mg (1.72%)