



Waldorf Salad with Turkey & Apricot

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup smucker's® apricot preserves
- 1 cup celery diced ()
- 1 pound meat from a rotisserie chicken boneless skinless cooked cubed
- 1 tablespoon curry powder dried chopped
- 1 teaspoon dijon mustard
- 1 tablespoon parsley fresh chopped
- 1 cup apples diced green unpeeled ()
- 2 tablespoons juice of lemon

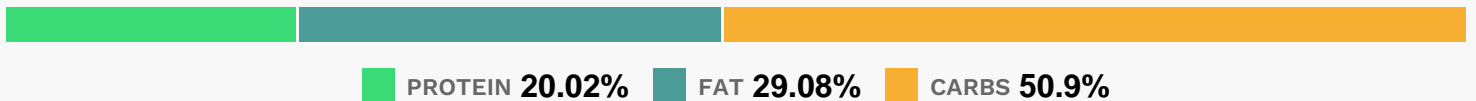
- 0.5 teaspoon lemon zest grated
- 6 lettuce leaves
- 0.1 teaspoon pepper freshly ground
- 0.5 cup nonfat yogurt plain
- 0.3 cup raisins
- 1 cup apples diced red unpeeled ()
- 0.5 teaspoon salt

Equipment

Directions

- Combine all dressing ingredients; stir until well blended.
- Add turkey or chicken, apples, celery and raisins. Toss to coat the salad ingredients. Season with additional salt and pepper, if desired.
- Place lettuce leaf on each of 6 serving plates. Top each with mound of salad.
- Garnish each salad with chopped fresh parsley or chives.
- Deli turkey breast may be used in the recipe. Ask the deli to slice the turkey into 3/4- or 1-inch slices, then cube the meat at home before adding to this salad.

Nutrition Facts



Properties

Glycemic Index:80.2, Glycemic Load:6.76, Inflammation Score:-9, Nutrition Score:14.120434761047%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg,

Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 258.36kcal (12.92%), Fat: 8.69g (13.37%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 31g (11.27%), Sugar: 18.33g (20.37%), Cholesterol: 41.44mg (13.81%), Sodium: 409.19mg (17.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.92%), Vitamin A: 3090.87IU (61.82%), Vitamin K: 26.17µg (24.93%), Vitamin C: 18.94mg (22.96%), Vitamin B3: 4.31mg (21.57%), Vitamin B6: 0.36mg (17.8%), Manganese: 0.36mg (17.78%), Phosphorus: 166.99mg (16.7%), Potassium: 542.56mg (15.5%), Vitamin B2: 0.25mg (14.77%), Selenium: 10.22µg (14.6%), Fiber: 3.22g (12.88%), Calcium: 123.56mg (12.36%), Iron: 1.96mg (10.9%), Folate: 40µg (10%), Magnesium: 38.57mg (9.64%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.82mg (8.19%), Vitamin B1: 0.12mg (7.94%), Copper: 0.12mg (6.01%), Vitamin B12: 0.36µg (5.93%), Vitamin E: 0.5mg (3.35%)