



Walnut-Cranberry Turkey Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chives snipped
- ☐ 0.8 cup cranberries dried
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 8 cups greens mixed such as baby kale, baby arugula and chopped radicchio packed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 20 servings pepper freshly ground

- ☐ 0.8 cup greek yogurt plain low-fat
- ☐ 4 cups roast turkey diced
- ☐ 20 servings salt
- ☐ 1 tablespoon tarragon chopped
- ☐ 4 ounces walnuts

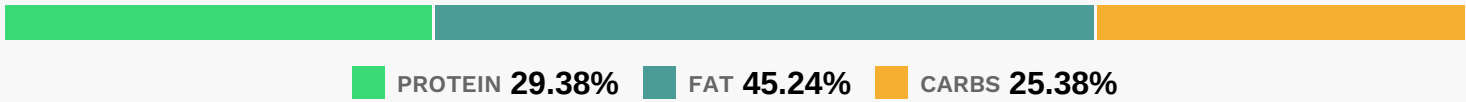
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 35
- ☐ Spread the walnuts in a pie plate and toast for about 10 minutes, until golden and fragrant.
- ☐ Let cool, then coarsely chop the nuts.
- ☐ In a large bowl, whisk the yogurt with the mayonnaise, parsley, chives and tarragon and season with salt and pepper. Fold in the turkey, cranberries and walnuts.
- ☐ In another bowl, toss the mixed greens with the oil and lemon juice; season with salt and pepper. Mound the salad on a platter and top with the turkey salad.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:11.55, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:5.2973912436029%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 1.62mg, Apigenin:

1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 2.85mg,
Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin:
0.22mg, Myricetin: 0.22mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 118.31kcal (5.92%), Fat: 6.22g (9.57%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 7.85g (2.62%), Net
Carbohydrates: 7.01g (2.55%), Sugar: 4.8g (5.33%), Cholesterol: 15.96mg (5.32%), Sodium: 786.88mg (34.21%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.18%), Vitamin K: 25.09µg (23.9%), Phosphorus:
146.58mg (14.66%), Manganese: 0.28mg (13.82%), Copper: 0.23mg (11.25%), Magnesium: 28.58mg (7.14%), Vitamin
A: 293.47IU (5.87%), Iron: 1.02mg (5.67%), Potassium: 183.56mg (5.24%), Zinc: 0.69mg (4.62%), Folate: 16.74µg
(4.19%), Calcium: 38.57mg (3.86%), Vitamin C: 3.04mg (3.68%), Fiber: 0.84g (3.36%), Vitamin E: 0.44mg (2.95%),
Vitamin B6: 0.05mg (2.67%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.17µg (1.67%),
Vitamin B5: 0.11mg (1.11%)