



Warm Turkey and Spinach Salad with Crispy Pancetta and Cranberry Vinaigrette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



250 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups torn boston lettuce
- ☐ 2 tablespoons champagne vinegar
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 2 ounces pancetta
- ☐ 0.5 cup cranberry relish leftover

- ☐ 2 small poblano peppers
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup shallots minced
- ☐ 6 cups prewashed spinach
- ☐ 4 cups turkey leftover cooked chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ To prepare salad, preheat broiler.
- ☐ Cut peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel and chop peppers.
- ☐ Combine peppers, turkey, spinach, and lettuce in a large bowl.
- ☐ To prepare vinaigrette, cook the pancetta in a skillet over medium-high heat until crisp.
- ☐ Remove pancetta from pan; chop and set aside. Reserve 1 tablespoon of drippings in pan.
- ☐ Add shallots and garlic to pan, and saut for 1 minute or until tender. Stir in the cranberry sauce, vinegar, olive oil, salt, and pepper. Cook over medium-low heat 2 minutes or until warm.
- ☐ Pour warm vinaigrette over the salad; toss. Top with pancetta.
- ☐ Serve immediately.

Nutrition Facts

PROTEIN 33.12% FAT 53.04% CARBS 13.84%

Properties

Glycemic Index:35.8, Glycemic Load:1.66, Inflammation Score:-10, Nutrition Score:24.119130575139%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 249.63kcal (12.48%), Fat: 14.86g (22.87%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 6.05g (2.2%), Sugar: 3.39g (3.77%), Cholesterol: 64.74mg (21.58%), Sodium: 430.76mg (18.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.76%), Vitamin K: 200.76µg (191.2%), Vitamin A: 4203.91IU (84.08%), Vitamin C: 38.16mg (46.26%), Vitamin B6: 0.75mg (37.72%), Vitamin B3: 7.06mg (35.31%), Selenium: 20.08µg (28.69%), Manganese: 0.54mg (26.84%), Folate: 101.15µg (25.29%), Phosphorus: 208.86mg (20.89%), Vitamin B12: 1.03µg (17.11%), Potassium: 594.06mg (16.97%), Magnesium: 61.38mg (15.34%), Vitamin B2: 0.25mg (14.86%), Iron: 2.44mg (13.57%), Vitamin E: 1.95mg (12.97%), Zinc: 1.93mg (12.88%), Fiber: 2.67g (10.68%), Vitamin B1: 0.14mg (9.5%), Vitamin B5: 0.89mg (8.94%), Copper: 0.17mg (8.29%), Calcium: 66.56mg (6.66%), Vitamin D: 0.28µg (1.89%)