

Harvest Turkey Salad

KraftRecipes.com

Servings: 8

*1/2 cup mayonnaise
1 tablespoon fresh lemon juice
3 cups cooked turkey, chopped
1 apple, sliced
1/4 cup celery, diced
2 green onions, chopped
1/4 cup toasted pecans, chopped*

Preparation Time: 15 minutes

Refrigerate: 30 minutes

In a large bowl, mix the mayonnaise and orange juice until blended.

Add the turkey, apple, celery, green onions and pecans. Mix lightly.

Refrigerate for at least 30 minutes before serving.

Per Serving (excluding unknown items): 200 Calories; 14g Fat (63.1% calories from fat); 16g Protein; 3g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 119mg Sodium. Exchanges: 2 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat.

Turkey

Per Serving Nutritional Analysis

Calories (kcal):	200
% Calories from Fat:	63.1%
% Calories from Carbohydrates:	6.3%
% Calories from Protein:	30.6%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	45mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	16g
Sodium (mg):	119mg
Potassium (mg):	204mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	9mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0

Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 67IU
Vitamin A (r.e.): 10 1/2RE

Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 200 Calories from Fat: 126

% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	12%
Cholesterol	45mg	15%
Sodium	119mg	5%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	16g	
Vitamin A		1%
Vitamin C		5%
Calcium		2%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.