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Turkey Breast and Ham Salad ♦♦

A delicious salad made with turkey breast and ham. Perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Turkey Breast
250 g	Ham
200 g	lettuce
150 g	Tomatoes
100 g	cucumbers
50 g	red onion
30 ml	olive oil

15 ml	red wine vinegar
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Cut

Slice the turkey breast and ham into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Wash and chop the lettuce, tomatoes, cucumbers, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the turkey breast, ham, lettuce, tomatoes, cucumbers, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a small bowl, whisk together the olive oil, red wine vinegar, salt, and pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Diwali

Christmas

Cost

Under \$10

Demographics

Teen Friendly

Diabetic Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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