



Hurry Curry Turkey Rice Salad

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rice cooked
- 2 tsp curry powder
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 0.3 cup miracle whip dressing
- 1.5 cups grapes green red seedless halved
- 0.5 cup planters roasted peanuts dry coarsely chopped
- 2 cups turkey cooked chopped

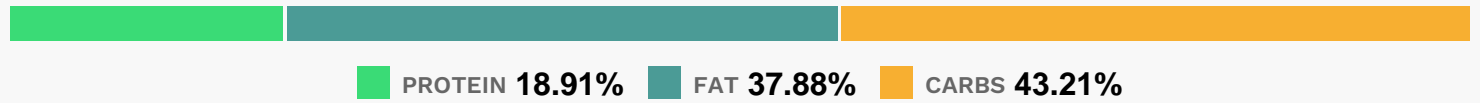
Equipment

bowl

Directions

- Combine dressings and curry powder in large bowl.
- Add remaining ingredients; mix lightly. Cover.
- Refrigerate at least 30 minutes or until ready to serve.
- Garnish with fresh cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:28.41, Inflammation Score:-4, Nutrition Score:13.313043423321%

Nutrients (% of daily need)

Calories: 373.8kcal (18.69%), Fat: 16.1g (24.77%), Saturated Fat: 2.82g (17.6%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 38.29g (13.92%), Sugar: 13.02g (14.47%), Cholesterol: 37.22mg (12.41%), Sodium: 406.42mg (17.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.08g (36.16%), Manganese: 0.86mg (42.85%), Vitamin B3: 6.97mg (34.84%), Selenium: 18.78µg (26.82%), Vitamin B6: 0.53mg (26.41%), Phosphorus: 210.8mg (21.08%), Vitamin K: 17.49µg (16.66%), Magnesium: 62.52mg (15.63%), Copper: 0.26mg (12.79%), Zinc: 1.88mg (12.54%), Fiber: 3.04g (12.14%), Potassium: 401.58mg (11.47%), Vitamin E: 1.65mg (11%), Vitamin B2: 0.18mg (10.68%), Vitamin B12: 0.61µg (10.11%), Vitamin B5: 1mg (10.01%), Iron: 1.44mg (7.99%), Vitamin B1: 0.11mg (7.51%), Folate: 26.71µg (6.68%), Calcium: 37.55mg (3.76%), Vitamin C: 1.98mg (2.41%), Vitamin A: 91.35IU (1.83%)