



Orange-Wild Rice Salad with Smoked Turkey



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



170 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup orange juice concentrate undiluted thawed
- ☐ 1 cup orange sections (4 oranges)
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup cranberries dried sweetened sweet (such as Craisins)
- ☐ 0.5 pound turkey breast smoked diced
- ☐ 2 tablespoons water
- ☐ 6 cups water
- ☐ 1 cup rice wild uncooked

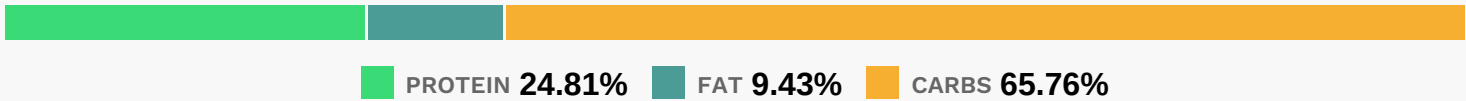
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a medium saucepan; stir in rice. Partially cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Drain; cool.
- ☐ Place rice, oranges, celery, cherries, and turkey in a bowl.
- ☐ Combine orange juice concentrate and remaining ingredients; stir well with a whisk.
- ☐ Pour over rice mixture; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.79, Glycemic Load:9.87, Inflammation Score:-5, Nutrition Score:10.516521836105%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg Naringenin: 4mg, Naringenin: 4mg, Naringenin: 4mg, Naringenin: 4mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg

0.18mg, Myricetin: 0.18mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 170.21kcal (8.51%), Fat: 1.86g (2.86%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 26.49g (9.63%), Sugar: 10.43g (11.59%), Cholesterol: 17.5mg (5.83%), Sodium: 275.22mg (11.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11g (22.01%), Vitamin C: 30.29mg (36.71%), Vitamin B3: 5.01mg (25.04%), Vitamin B6: 0.39mg (19.67%), Phosphorus: 190.18mg (19.02%), Manganese: 0.36mg (17.95%), Magnesium: 59.19mg (14.8%), Selenium: 8.96µg (12.81%), Zinc: 1.87mg (12.47%), Folate: 43.12µg (10.78%), Fiber: 2.68g (10.72%), Copper: 0.2mg (9.84%), Potassium: 316.55mg (9.04%), Vitamin B2: 0.14mg (8.4%), Vitamin B5: 0.66mg (6.61%), Vitamin B1: 0.09mg (6.31%), Iron: 0.77mg (4.28%), Vitamin E: 0.59mg (3.95%), Vitamin K: 3.69µg (3.52%), Calcium: 35.13mg (3.51%), Vitamin B12: 0.2µg (3.4%), Vitamin A: 141.68IU (2.83%)