



Turkey and Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 oz rice wild frozen with green beans) white
- 6 large tomatoes
- 2 cups turkey diced cooked
- 0.5 cup celery sliced
- 0.5 medium bell pepper green red chopped
- 0.3 cup spring onion chopped (4 medium)
- 0.3 cup salad dressing
- 2 tablespoons balsamic vinegar

- 0.3 teaspoon salt
- 0.3 teaspoon pepper

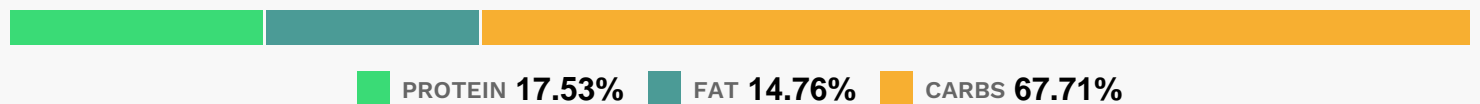
Equipment

- bowl
- paper towels

Directions

- Cook rice as directed on box. Refrigerate 10 minutes to cool.
- Meanwhile, cut thin slices from tops of tomatoes. Gently squeeze out and discard seeds. Using teaspoon, remove pulp from tomatoes, leaving 1/4-inch shell.
- Drain upside down on paper towels. Refrigerate until serving time.
- In medium bowl, mix rice, turkey, celery, bell pepper and onions. In small bowl, mix dressing ingredients.
- Pour dressing over salad; stir gently to coat. Cover; refrigerate until thoroughly chilled, at least 45 minutes.
- Just before serving, spoon salad into tomato shells. If desired, garnish with additional chopped green onions.

Nutrition Facts



Properties

Glycemic Index:42.53, Glycemic Load:25.19, Inflammation Score:-8, Nutrition Score:15.411304253599%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 284.84kcal (14.24%), Fat: 4.65g (7.16%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 48.02g (16.01%), Net Carbohydrates: 44.79g (16.29%), Sugar: 7.17g (7.96%), Cholesterol: 23.86mg (7.95%), Sodium: 251.64mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.44g (24.87%), Vitamin C: 33.99mg (41.2%), Manganese: 0.77mg (38.69%), Vitamin A: 1654.62IU (33.09%), Vitamin K: 31.87µg (30.35%), Vitamin B6: 0.46mg (22.95%), Vitamin B3: 4.48mg (22.38%), Selenium: 14.45µg (20.64%), Potassium: 625.96mg (17.88%), Phosphorus: 166.81mg (16.68%), Fiber: 3.23g (12.92%), Copper: 0.25mg (12.71%), Magnesium: 44.14mg (11.04%), Folate: 40.1µg (10.03%), Zinc: 1.47mg (9.78%), Vitamin B5: 0.94mg (9.45%), Vitamin E: 1.36mg (9.08%), Vitamin B1: 0.13mg (8.54%), Vitamin B2: 0.13mg (7.65%), Iron: 1.34mg (7.44%), Vitamin B12: 0.4µg (6.74%), Calcium: 45.57mg (4.56%)