



Turkey and Wild Rice Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup celery diced
- ☐ 0.3 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 0.5 cup chives fresh chopped
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 cup rice blend wild uncooked
- ☐ 0.5 teaspoon salt
- ☐ 2 cups watercress trimmed
- ☐ 1.5 cups turkey dark light shredded cooked (and meat)
- ☐ 2 tablespoons turkey stock
- ☐ 0.3 cup whole-berry cranberry sauce leftover

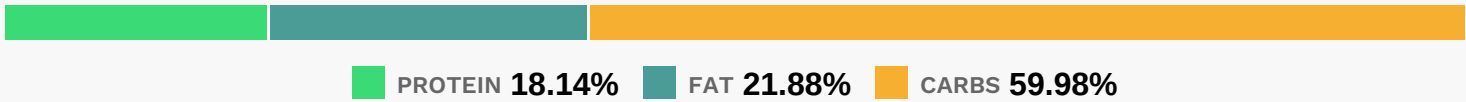
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, omitting salt and fat. Cool.
- ☐ Combine cranberry sauce and next 5 ingredients (through mustard) in a small bowl. Gradually add oil, stirring constantly with a whisk.
- ☐ Add cranberry sauce mixture, turkey, celery, chives, cranberries, and parsley to rice mixture; toss gently to coat.
- ☐ Serve over watercress.

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:16.09, Inflammation Score:-8, Nutrition Score:18.781304317972%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg, Apigenin: 8.45mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg, Kaempferol: 4.5mg Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg, Myricetin: 1.46mg Quercetin: 6.41mg, Quercetin: 6.41mg

Quercetin: 6.41mg, Quercetin: 6.41mg

Nutrients (% of daily need)

Calories: 324.91kcal (16.25%), Fat: 8.14g (12.52%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 46.33g (16.85%), Sugar: 17.12g (19.02%), Cholesterol: 27.06mg (9.02%), Sodium: 371.74mg (16.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.18g (30.36%), Vitamin K: 123.59µg (117.7%), Manganese: 0.68mg (34.09%), Vitamin B3: 5.89mg (29.46%), Phosphorus: 265.13mg (26.51%), Vitamin A: 1172.11IU (23.44%), Magnesium: 91.31mg (22.83%), Vitamin B6: 0.43mg (21.67%), Zinc: 3.19mg (21.25%), Vitamin C: 15.86mg (19.23%), Fiber: 3.85g (15.41%), Folate: 58.28µg (14.57%), Copper: 0.29mg (14.47%), Selenium: 9.74µg (13.92%), Vitamin B2: 0.23mg (13.25%), Vitamin E: 1.79mg (11.96%), Potassium: 407mg (11.63%), Iron: 1.72mg (9.55%), Vitamin B5: 0.87mg (8.71%), Vitamin B12: 0.45µg (7.58%), Vitamin B1: 0.1mg (6.47%), Calcium: 52.16mg (5.22%)