



Turkey, Rice and Romaine Salad



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups quick-cooking brown rice instant uncooked
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 lb turkey breast smoked cut into 1x1/4x1/4-inch strips (2 cups)
- ☐ 1 large bell pepper red cut into 2x1/4-inch strips
- ☐ 0.5 cup spring onion sliced
- ☐ 1.5 cups jicama thin (2 inches long)
- ☐ 10 cups the of 1 cos lettuce
- ☐ 0.7 cup rice vinegar

- ☐ 0.3 cup vegetable oil
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper

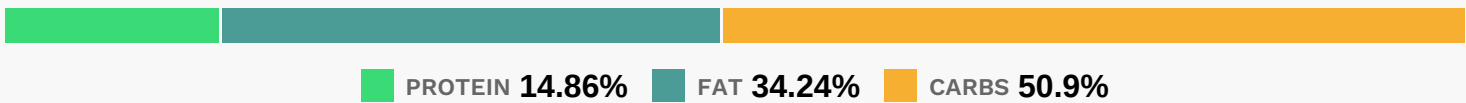
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook rice as directed on package, omitting butter and salt. In very large (4-quart) bowl, toss rice and lemon juice.
- ☐ Spread rice in 15x10x1-inch pan.
- ☐ Place in freezer 15 minutes or in refrigerator 1 hour to chill.
- ☐ When rice is cold, return to large bowl. Stir in remaining salad ingredients.
- ☐ In small bowl, beat all dressing ingredients with wire whisk until blended.
- ☐ Pour dressing over rice mixture; toss lightly to coat.

Nutrition Facts



Properties

Glycemic Index:26.31, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:18.340869868579%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 216.87kcal (10.84%), Fat: 8.22g (12.64%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 24.42g (8.88%), Sugar: 3.06g (3.4%), Cholesterol: 12.25mg (4.08%), Sodium: 204.97mg (8.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.05%), Vitamin A: 4668.52IU (93.37%), Vitamin K: 72.99µg (69.51%), Folate: 150.37µg (37.59%), Vitamin C: 28.92mg (35.06%), Selenium: 16.24µg (23.2%), Vitamin B3: 4.45mg (22.26%), Vitamin B1: 0.3mg (20.15%), Manganese: 0.4mg (20.1%), Vitamin B6: 0.3mg (15.24%), Iron: 2.53mg (14.07%), Fiber: 3.07g (12.28%), Phosphorus: 112.01mg (11.2%), Potassium: 264.9mg (7.57%), Vitamin E: 1.07mg (7.15%), Zinc: 0.89mg (5.92%), Magnesium: 23.13mg (5.78%), Vitamin B2: 0.1mg (5.77%), Copper: 0.1mg (5.08%), Vitamin B5: 0.45mg (4.5%), Calcium: 35.07mg (3.51%), Vitamin B12: 0.14µg (2.38%)