



Wild Rice Salad



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces blanched slivered almonds
- ☐ 0.3 cup green onion diced
- ☐ 0.8 cup mayonnaise light
- ☐ 1 cup grapes red seedless
- ☐ 12 servings salt and pepper to taste
- ☐ 2 cups turkey meat cubed cooked
- ☐ 1 teaspoon sugar white
- ☐ 1 teaspoon vinegar white

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6 ounce rice wild

Equipment

☐

bowl

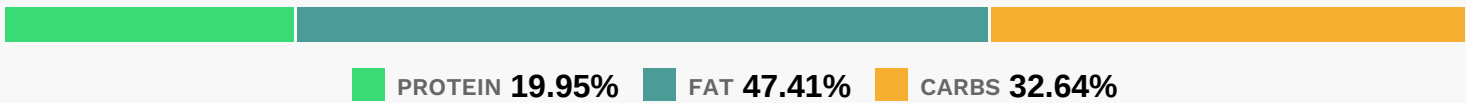
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whisk

Directions

- ☐ Cook rice according to package directions.
- ☐ Remove from heat and set aside to cool.
- ☐ In a medium bowl, whisk together the mayonnaise, vinegar, sugar, salt and pepper. Stir in rice, turkey, onion and grapes until evenly coated with dressing. Cover and refrigerate for 1 to 2 hours.
- ☐ Before serving, sprinkle slivered almonds over the top of the salad.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:6.71, Inflammation Score:-4, Nutrition Score:9.5673913022746%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 204.4kcal (10.22%), Fat: 11.18g (17.2%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 14.87g (5.41%), Sugar: 3.86g (4.29%), Cholesterol: 17.87mg (5.96%), Sodium: 341.39mg (14.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.17%), Vitamin E: 3.85mg (25.64%), Manganese: 0.47mg (23.26%), Phosphorus: 179.29mg (17.93%), Magnesium: 70.96mg (17.74%), Vitamin B3: 3.38mg (16.88%), Vitamin K: 13.94µg (13.27%), Copper: 0.26mg (12.94%), Vitamin B6: 0.24mg (11.81%), Zinc: 1.72mg (11.48%), Vitamin B2: 0.19mg (11.37%), Fiber: 2.45g (9.8%), Selenium: 6.52µg (9.31%), Potassium: 242.95mg (6.94%), Folate: 24.19µg (6.05%), Iron: 1.04mg (5.78%), Vitamin B12: 0.29µg (4.82%), Vitamin B1: 0.07mg (4.4%), Calcium: 42.74mg (4.27%), Vitamin B5: 0.41mg (4.1%)