

Orange-Wild Rice Salad with Smoked Turkey

1 cup	uncooked wild rice
1 cup	orange sections, (about 4 oranges)
1/2 cup	diced celery
1/3 cup	dried cranberries or dried cherries
1/2 cup	smoked turkey breast meat, diced
1/4 cup	thawed orange juice concentrate, undiluted
1 1/2 teaspoons	extra-virgin olive oil
2 tablespoons	fresh lemon juice
2 tablespoons	water
1 tablespoon	Dijon mustard
1/2 teaspoon	salt
1/4 teaspoon	freshly ground black pepper

Bring 6 cups 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, cranberries, and turkey in a bowl. Combine orange juice concentrate and remaining ingredients; stir well with a whisk. Pour over rice mixture and toss well. Cover and chill.

Servings: 7

Yield: 1 cup

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

The following ingredients were not linked to the ingredient database and were not included in the nutrition information:

water

Amount Per Serving	
Calories	226.50
Calories From Fat (7%)	16.31
	% Daily Value
Total Fat 1.86g	3%
Saturated Fat 0.20g	1%
Cholesterol 5.16mg	2%
Sodium 206.06mg	9%
Potassium 275.09mg	8%
Carbohydrates 47.76g	16%
Dietary Fiber 4.17g	17%
Sugar 7.03g	
Sugar Alcohols 0.00g	
Net Carbohydrates 43.60g	
Protein 5.90g	12%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
1 cup uncooked wild rice	1 x 1 cup of Wild rice, raw
1 cup orange sections, (about 4 oranges)	1 x 1 cup, sections of Oranges, raw, all commercial varieties
1/2 cup diced celery	0.50 x 1 cup, diced of Celery, raw
1/3 cup dried cranberries or dried cherries	0.33 x 1 cup of Cranberries, dried
1/2 cup smoked turkey breast meat, diced	0.50 x from 1 lb ready-to-cook turkey of Turkey, fryer-roasters, breast, meat only, cooked, roasted
1/4 cup thawed orange juice concentrate, undiluted	0.25 x 1 cup of Orange juice, frozen concentrate, unsweetened, undiluted
1 1/2 teaspoons extra-virgin olive oil	1.50 x 1 teaspoon of Oil, olive, salad or cooking
2 tablespoons fresh lemon juice	2 x 1 tablespoon of Lemon juice, raw
2 tablespoons water	Not linked
1 tablespoon Dijon mustard	1 x 1 tablespoon of Mustard, Dijon
1/2 teaspoon salt	0.50 x 1 teaspoon of Salt, table
1/4 teaspoon freshly ground black pepper	0.25 x 1 teaspoon of Spices, pepper, black

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