



Calico Wild Rice Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 cups chicken broth
- ☐ 1 cup corn kernels frozen
- ☐ 2 tablespoons cornstarch
- ☐ 1 teaspoon tarragon dried
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 tablespoons bell pepper green chopped
- ☐ 0.5 cup green onions chopped
- ☐ 2 tablespoons bell pepper red chopped

- ☐ 2 tablespoons water
- ☐ 2 cups rice wild

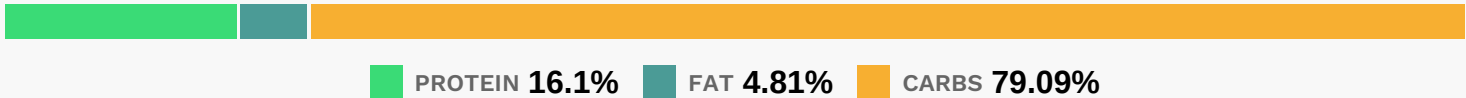
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a medium sauce pan cook rice in 6 cups water until cooked through and tender.
- ☐ In a large saucepan or stock pot combine broth, cooked rice, corn, green onions, red and green bell pepper, parsley and tarragon.
- ☐ Mix well and cook over medium heat until mixture boils. Reduce heat and simmer 5 minutes or until corn is tender.
- ☐ In a small bowl, mix cornstarch and water.
- ☐ Add to soup mixture and cook for 5 minutes. Stir occasionally and serve once soup has thickened.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:20.8, Inflammation Score:-6, Nutrition Score:13.390869783319%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 233.59kcal (11.68%), Fat: 1.3g (2%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 48.13g (16.04%), Net Carbohydrates: 43.87g (15.95%), Sugar: 3.63g (4.03%), Cholesterol: 3.13mg (1.04%), Sodium: 643.62mg (27.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.8g (19.59%), Manganese: 0.86mg (43.08%), Vitamin K: 29.58µg (28.17%), Magnesium: 103.49mg (25.87%), Phosphorus: 256.06mg (25.61%), Zinc: 3.44mg (22.95%), Vitamin B3: 4.33mg (21.67%), Folate: 69.78µg (17.44%), Fiber: 4.26g (17.03%), Copper: 0.33mg (16.34%), Vitamin B2: 0.27mg (15.99%), Vitamin B6: 0.25mg (12.42%), Vitamin C: 9.52mg (11.54%), Potassium: 340.82mg (9.74%), Iron: 1.54mg (8.54%), Vitamin B1: 0.11mg (7.59%), Vitamin B5: 0.71mg (7.06%), Vitamin A: 287.34IU (5.75%), Vitamin E: 0.64mg (4.24%), Selenium: 2.43µg (3.47%), Calcium: 29.73mg (2.97%)