



Cheesy Wild Rice Soup

READY IN



45 min.

SERVINGS



6

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups processed cheese food shredded
- ☐ 9 slices bacon diced
- ☐ 6 servings optional: biscuit bowls
- ☐ 16.3 oz flaky biscuits refrigerated
- ☐ 1.5 cups rice wild cooked
- ☐ 21.5 oz condensed cream of potato soup canned
- ☐ 2 pts half-and-half
- ☐ 1 onion chopped

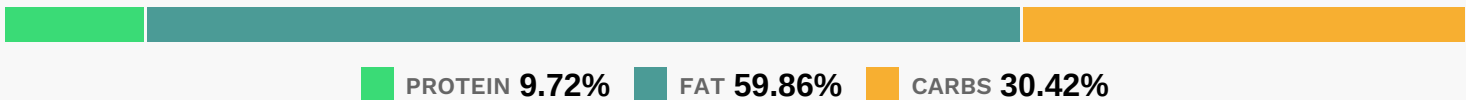
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a skillet over medium heat, saut bacon and onion together until bacon is crisp and onion is tender.
- ☐ Drain and set aside.
- ☐ Combine soup and rice in a medium saucepan; stir in bacon mixture, half-and-half and cheese.Cook over low heat until cheese melts, stirring occassionally.
- ☐ Serve in Biscuit Bowls, if desired.
- ☐ Biscuit Bowls:Flatten each biscuit into a 5-inch round. Invert 8 (6-ounce) custard cups, several inches apart, on a lightly greased baking sheet. Spray bottoms of cups with non-stick vegetable spray; form flattened biscuits around cups.
- ☐ Bake at 350 for 14 minutes. Cool slightly and remove biscuits from cups. Return to oven and bake 7 to 10 more minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:31.96, Inflammation Score:-7, Nutrition Score:24.27173888165%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 1025.56kcal (51.28%), Fat: 68.48g (105.36%), Saturated Fat: 31.18g (194.87%), Carbohydrates: 78.3g (26.1%), Net Carbohydrates: 75.83g (27.57%), Sugar: 27.03g (30.04%), Cholesterol: 128.74mg (42.91%), Sodium: 1992.32mg (86.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.01g (50.02%), Calcium: 690.29mg (69.03%), Phosphorus: 628.15mg (62.81%), Vitamin B2: 0.76mg (44.51%), Selenium: 28.42µg (40.6%), Manganese: 0.8mg (40.1%), Vitamin B1: 0.48mg (31.98%), Vitamin B3: 5.08mg (25.4%), Zinc: 3.64mg (24.25%), Vitamin A: 1148.49IU (22.97%), Folate: 87.72µg (21.93%), Vitamin B12: 1.21µg (20.11%), Vitamin E: 2.98mg (19.83%), Iron: 3.51mg (19.48%), Copper: 0.38mg (18.98%), Vitamin B5: 1.86mg (18.59%), Vitamin B6: 0.35mg (17.74%), Potassium: 584.06mg (16.69%), Magnesium: 58.79mg (14.7%), Vitamin K: 13.17µg (12.55%), Fiber: 2.47g (9.88%), Vitamin C: 2.78mg (3.37%), Vitamin D: 0.41µg (2.75%)