



Chicken and Mushroom Chowder

READY IN



60 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots finely chopped
- 1 pound chicken breast strips/pre-cooked/chopped cubed cooked
- 3 cups chicken broth
- 3 tablespoons flour all-purpose
- 3 cloves garlic minced
- 0.5 cup rice long grain uncooked
- 1 cup milk
- 0.8 pound mushrooms sliced
- 1 tablespoon olive oil

- 1 onion finely chopped
- 1.5 teaspoons oregano dried
- 0.3 teaspoon pepper
- 0.5 cup water

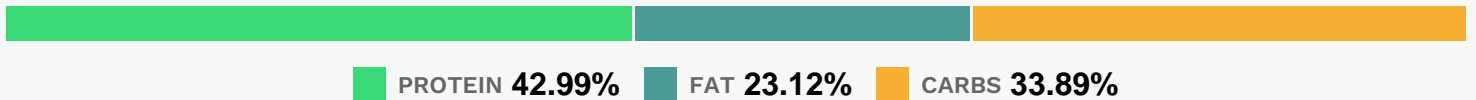
Equipment

- sauce pan

Directions

- In a large saucepan, bring chicken broth and water to a boil. Stir in chicken, and season with oregano and pepper.
- Add rice, and reduce heat.
- Heat olive oil in a medium saucepan over medium heat, and saute garlic, onion, carrot, and mushrooms until tender. Thoroughly mix in the flour.
- Transfer to the broth mixture.
- Stir milk into the mixture, and continue to cook, stirring occasionally, until thickened, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:17.22, Inflammation Score:-10, Nutrition Score:26.288695770761%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 411.72kcal (20.59%), Fat: 10.48g (16.12%), Saturated Fat: 2.91g (18.19%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 31.95g (11.62%), Sugar: 7.36g (8.18%), Cholesterol: 107.23mg (35.74%), Sodium: 780.27mg (33.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.83g (87.66%), Vitamin B3: 20.01mg (100.03%), Selenium: 46.98µg (67.12%), Vitamin A: 2688.02IU (53.76%), Vitamin B6: 0.94mg (46.83%), Phosphorus: 451.08mg (45.11%), Vitamin B2: 0.72mg (42.43%), Vitamin B5: 2.97mg (29.68%), Manganese: 0.58mg (29.05%), Potassium: 825.71mg (23.59%), Copper: 0.45mg (22.37%), Vitamin B1: 0.31mg (20.56%), Magnesium: 64.32mg (16.08%), Zinc: 2.38mg (15.83%), Iron: 2.62mg (14.57%), Calcium: 137.84mg (13.78%), Vitamin B12: 0.78µg (13.07%), Fiber: 2.6g (10.38%), Folate: 41.13µg (10.28%), Vitamin K: 9.7µg (9.24%), Vitamin E: 1.19mg (7.96%), Vitamin C: 5.44mg (6.59%), Vitamin D: 0.95µg (6.36%)