



Chicken and Wild Rice Soup

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baking potato cubed peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 3 cups milk 2% reduced-fat
- ☐ 1 cup onion chopped
- ☐ 10 ounce processed cheese light cubed such as Velveeta
- ☐ 1 cup quick-cooking rice wild uncooked

- ☐ 2 cups roasted boneless skinless chopped 2 breasts
- ☐ 0.3 teaspoon salt

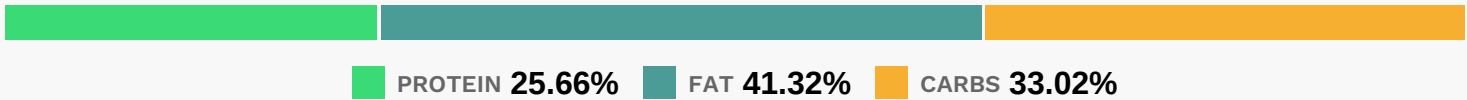
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add broth and potato; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 5 minutes or until potato is tender.
- ☐ Combine milk and flour, stirring well with a whisk.
- ☐ Add the milk mixture to potato mixture; cook 5 minutes or until slightly thick, stirring constantly.
- ☐ Remove from heat; add cheese, stirring until cheese melts. Stir in rice, chicken, pepper, and salt.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:34.47, Glycemic Load:7.72, Inflammation Score:-6, Nutrition Score:15.820434839829%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 313.33kcal (15.67%), Fat: 14.34g (22.06%), Saturated Fat: 7.77g (48.54%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 24.68g (8.98%), Sugar: 6.46g (7.17%), Cholesterol: 66.52mg (22.17%), Sodium: 1101.62mg (47.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.05%), Calcium: 495.15mg (49.52%), Phosphorus: 437.61mg (43.76%), Selenium: 29.33µg (41.9%), Vitamin B3: 5.88mg (29.38%), Vitamin B6: 0.49mg (24.58%), Vitamin B12: 1.25µg (20.76%), Vitamin B2: 0.35mg (20.38%), Vitamin B1: 0.24mg (16.27%), Potassium: 494.6mg (14.13%), Folate: 56.49µg (14.12%), Manganese: 0.28mg (14.1%), Vitamin B5: 1.28mg (12.79%), Zinc: 1.86mg (12.39%), Magnesium: 41.07mg (10.27%), Iron: 1.73mg (9.6%), Vitamin A: 437.83IU (8.76%), Copper: 0.12mg (5.76%), Vitamin C: 3.94mg (4.78%), Fiber: 1.1g (4.39%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2µg (1.91%), Vitamin D: 0.25µg (1.67%)