



Chicken-and-Wild Rice Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce broccoli frozen chopped
- ☐ 1 cup carrots shredded
- ☐ 8 ounce pasteurized cheese product cubed prepared
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 1 small onion chopped
- ☐ 6.2 ounce fast-cooking and rice mix long-grain wild
- ☐ 5 cups water

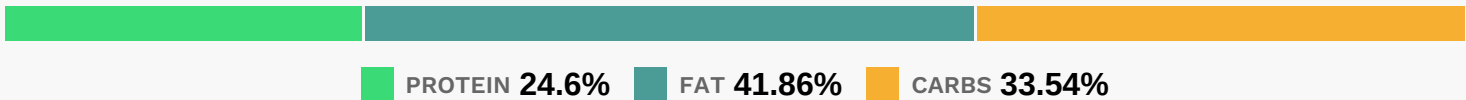
Equipment

☐ dutch oven

Directions

- ☐ Saut onion and carrots in a lightly greased Dutch oven over medium heat 5 minutes.
- ☐ Add 5 cups water, seasoning packet from rice, broccoli, and chicken. Bring to a boil, and stir in rice; reduce heat, cover, and cook 5 minutes.
- ☐ Add cheese and soup; cook, stirring constantly, 5 minutes or until cheese melts.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Uncle Ben's Long Grain & Wild Rice Fast Cook Recipe.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:14.977391250755%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg, Kaempferol: 2.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 251.2kcal (12.56%), Fat: 11.63g (17.9%), Saturated Fat: 5.44g (34.03%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 19.42g (7.06%), Sugar: 1.63g (1.82%), Cholesterol: 46.12mg (15.37%), Sodium: 409.4mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.76%), Vitamin A: 2609.32IU (52.19%), Vitamin C: 26.59mg (32.23%), Vitamin K: 32.45µg (30.9%), Selenium: 21.18µg (30.26%), Phosphorus: 213.04mg (21.3%), Calcium: 194.55mg (19.45%), Vitamin B3: 3.88mg (19.42%), Folate: 76.73µg (19.18%), Vitamin B1: 0.22mg (14.83%), Manganese: 0.29mg (14.39%), Vitamin B2: 0.2mg (11.92%), Zinc: 1.77mg (11.79%), Iron: 2.07mg (11.48%), Vitamin B6: 0.23mg (11.38%), Vitamin B5: 0.71mg (7.06%), Potassium: 242.03mg (6.92%), Copper: 0.13mg (6.74%), Magnesium: 25.06mg (6.26%), Fiber: 1.55g (6.19%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.65mg (4.32%)