



Chicken and Wild Rice Soup

READY IN



45 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baking potatoes cubed peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic minced
- ☐ 3 cups milk 2% reduced-fat
- ☐ 1 cup onion chopped
- ☐ 10 ounce processed cheese food light cubed (such as Velveeta)
- ☐ 1 cup rice wild uncooked

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

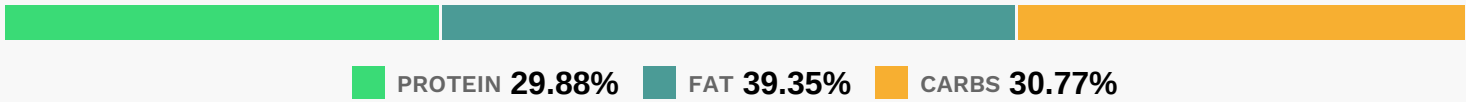
Equipment

- ☐ 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:0, Nutrition Score:18.471304230068%

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: 342.46kcal (17.12%), Fat: 14.85g (22.85%), Saturated Fat: 7.68g (48.01%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 25.03g (9.1%), Sugar: 6.37g (7.08%), Cholesterol: 77.12mg (25.71%), Sodium: 1080.02mg (46.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.38g (50.76%), Phosphorus: 501.67mg (50.17%), Calcium: 501.55mg (50.15%), Selenium: 33.36µg (47.66%), Vitamin B6: 0.68mg (33.84%), Vitamin B1: 0.5mg (33.2%), Vitamin B3: 5.38mg (26.91%), Vitamin B12: 1.54µg (25.72%), Vitamin B2: 0.38mg (22.34%), Zinc: 2.66mg (17.74%), Potassium: 593.88mg (16.97%), Manganese: 0.27mg (13.54%), Folate: 52.33µg (13.08%), Vitamin B5: 1.19mg (11.9%), Magnesium: 47.59mg (11.9%), Iron: 1.89mg (10.5%), Vitamin A: 509.77IU (10.2%), Vitamin D: 1.42µg (9.48%), Copper: 0.13mg (6.75%), Fiber: 1.1g (4.39%), Vitamin C: 3.32mg (4.02%), Vitamin E: 0.39mg (2.63%), Vitamin K: 1.84µg (1.75%)