



Chicken and Wild Rice Soup

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast halves boneless cubed cooked
- ☐ 1 stalk celery diced
- ☐ 3 cups chicken broth
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 cup half-and-half cream
- ☐ 1 cup mushrooms sliced
- ☐ 16 ounce pearl onions frozen
- ☐ 4.5 ounce cooking rice and chicken flavor mix wild quick

☐ 4 servings salt and pepper to taste

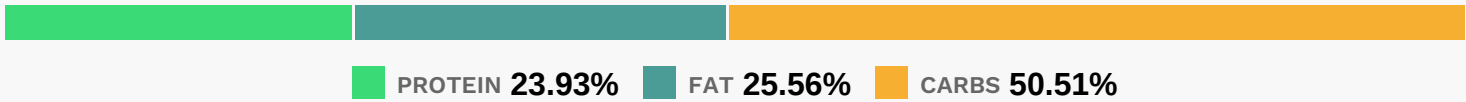
Equipment

☐ pot

Directions

- ☐ Prepare rice mix according to package directions.
- ☐ In a large pot, combine 1 1/2 cups prepared rice mix, cooked chicken, broth, onions, mushrooms, celery, parsley, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes.
- ☐ For a thicker soup, stir in half-and-half and cook 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:19.522173910037%

Flavonoids

Apigenin: 4.61mg, Apigenin: 4.61mg, Apigenin: 4.61mg, Apigenin: 4.61mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg, Quercetin: 23.06mg

Nutrients (% of daily need)

Calories: 328.19kcal (16.41%), Fat: 9.32g (14.34%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 41.43g (13.81%), Net Carbohydrates: 38.43g (13.97%), Sugar: 8.71g (9.67%), Cholesterol: 60.86mg (20.29%), Sodium: 968.17mg (42.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.63g (39.26%), Selenium: 35.43µg (50.61%), Vitamin B3: 9.64mg (48.18%), Vitamin K: 37.12µg (35.35%), Vitamin B6: 0.66mg (33.13%), Folate: 124.05µg (31.01%), Vitamin B1: 0.46mg (30.81%), Manganese: 0.58mg (28.79%), Phosphorus: 277.89mg (27.79%), Vitamin B2: 0.42mg (24.8%), Potassium: 608.25mg (17.38%), Vitamin B5: 1.66mg (16.65%), Iron: 2.88mg (15.98%), Vitamin C: 13.09mg (15.86%), Fiber: 3g (12%), Copper: 0.23mg (11.54%), Calcium: 115.31mg (11.53%), Magnesium: 42.57mg (10.64%), Zinc: 1.5mg (9.97%), Vitamin A: 450.29IU (9.01%), Vitamin B12: 0.27µg (4.55%), Vitamin E: 0.41mg (2.73%)