



## Chicken, Mushroom, and Wild Rice Soup

READY IN



40 min.

SERVINGS



40

CALORIES



76 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup butter
- 3 tablespoons butter
- 1 cup celery chopped
- 2 cups chicken shredded cooked
- 10 cup chicken broth divided
- 2 tablespoons wine dry white
- 0.5 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.5 cup half and half

- 1 cup onion chopped
- 1 leaves pepper fresh
- 12 oz rice long-grain wild

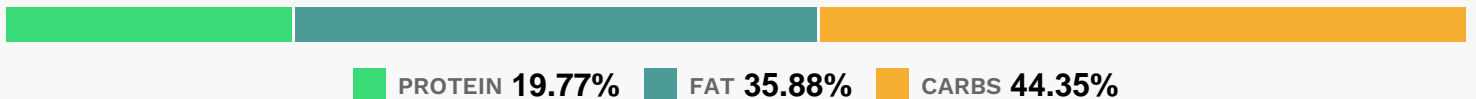
## Equipment

- frying pan
- sauce pan
- whisk
- dutch oven

## Directions

- Bring rice, 4 cups chicken broth, and 1 seasoning packet from rice mix to a boil in a saucepan over medium-high heat. Cover, reduce heat to low, and simmer 20 minutes or until liquid is absorbed and rice is tender. (Reserve remaining seasoning packet for another use.)
- Meanwhile, melt 3 Tbsp. butter in a large skillet over medium heat; add mushrooms, onion, and celery, and cook, stirring often, 10 to 12 minutes or until tender.
- Melt 1/4 cup butter in a Dutch oven over medium heat; whisk in flour, and cook, whisking constantly, 1 minute, or until thickened and bubbly. Gradually whisk in remaining 6 cups broth, and cook, stirring often, 8 to 10 minutes or until slightly thickened.
- Whisk in half-and-half and wine. Stir in mushroom mixture, chicken, and rice. Cook, stirring occasionally, 5 to 10 minutes or until thoroughly heated. (Do not boil.)
- Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:9.23, Glycemic Load:4.25, Inflammation Score:-2, Nutrition Score:3.0834782420779%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## **Nutrients (% of daily need)**

Calories: 76.09kcal (3.8%), Fat: 3.06g (4.71%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.81g (2.84%), Sugar: 0.85g (0.95%), Cholesterol: 12.79mg (4.26%), Sodium: 243.9mg (10.6%), Alcohol: 0.08g (100%), Alcohol %: 0.11% (100%), Protein: 3.8g (7.59%), Manganese: 0.16mg (8.24%), Vitamin B3: 1.45mg (7.25%), Phosphorus: 61.77mg (6.18%), Vitamin B2: 0.09mg (5.53%), Magnesium: 18.82mg (4.7%), Zinc: 0.7mg (4.69%), Selenium: 3.1µg (4.43%), Vitamin B6: 0.07mg (3.69%), Copper: 0.07mg (3.52%), Folate: 13.54µg (3.39%), Vitamin B1: 0.04mg (2.94%), Fiber: 0.71g (2.83%), Potassium: 90.08mg (2.57%), Vitamin B5: 0.23mg (2.31%), Iron: 0.4mg (2.21%), Vitamin A: 89.62IU (1.79%), Calcium: 11.22mg (1.12%), Vitamin K: 1.18µg (1.12%), Vitamin E: 0.17mg (1.11%)