



Chicken Wild Rice Soup I

 Popular

READY IN



145 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 0.5 cup carrots sliced
- 0.5 cup celery chopped
- 6 cups chicken broth
- 2 cups rice wild cooked
- 0.5 teaspoon curry powder
- 0.5 teaspoon parsley dried
- 3 tablespoons cooking sherry dry

- 0.8 cup flour all-purpose
- 0.5 pound mushrooms fresh sliced
- 0.5 teaspoon ground pepper black
- 2 cups half-and-half
- 0.5 teaspoon ground mustard
- 1 onion finely chopped
- 0.5 teaspoon salt
- 1 pound chicken breasts boneless skinless cubed cooked
- 1 cup slivered almonds

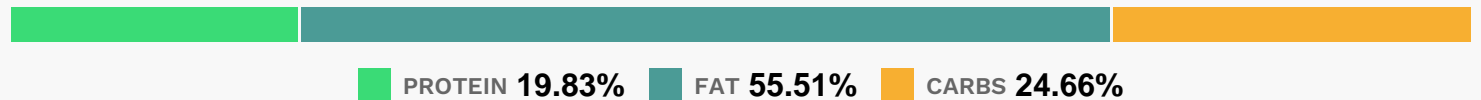
Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and saute for 5 minutes.
- Add the mushrooms and saute for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.
- Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half.
- Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)

Nutrition Facts



Properties

Glycemic Index:40.6, Glycemic Load:7.41, Inflammation Score:-9, Nutrition Score:20.136956411859%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 440.31kcal (22.02%), Fat: 27.5g (42.31%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 23.82g (8.66%), Sugar: 5.86g (6.51%), Cholesterol: 91.49mg (30.5%), Sodium: 1007.68mg (43.81%), Alcohol: 0.58g (100%), Alcohol %: 0.17% (100%), Protein: 22.1g (44.2%), Vitamin B3: 9.24mg (46.18%), Selenium: 28.81µg (41.16%), Vitamin A: 1957.79IU (39.16%), Vitamin B2: 0.66mg (38.71%), Manganese: 0.68mg (33.76%), Phosphorus: 333.6mg (33.36%), Vitamin B6: 0.6mg (30.06%), Vitamin E: 4.33mg (28.87%), Magnesium: 82.15mg (20.54%), Potassium: 638.62mg (18.25%), Vitamin B1: 0.27mg (18.05%), Copper: 0.36mg (17.9%), Vitamin B5: 1.68mg (16.76%), Fiber: 3.67g (14.7%), Folate: 54.26µg (13.57%), Zinc: 1.97mg (13.16%), Calcium: 128.66mg (12.87%), Iron: 1.94mg (10.79%), Vitamin K: 5.54µg (5.27%), Vitamin B12: 0.3µg (4.98%), Vitamin C: 3.54mg (4.29%)