



Chicken Wild Rice Soup II

 Gluten Free

READY IN



480 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons almonds sliced
- ☐ 5 tablespoons butter
- ☐ 14.5 ounce carrots sliced canned
- ☐ 0.5 cup celery chopped
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 3 tablespoons parsley dried
- ☐ 2.7 cups milk
- ☐ 1 onion diced

- ☐ 2 chicken breast halves boneless skinless cubed
- ☐ 1 cup water
- ☐ 1 cup rice wild uncooked

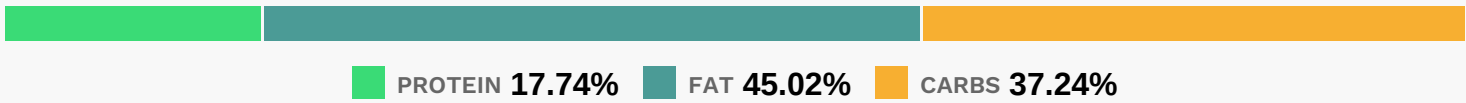
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Soak rice in 1 cup water for 6 to 8 hours.
- ☐ Drain.
- ☐ Bring 1 cup water to a boil in a small saucepan. Stir in drained rice. Boil until water level dips below rice, 10 minutes. Set aside.
- ☐ In a medium saucepan, melt 3 tablespoons butter over medium-high heat. Cook chicken, onion and celery in butter until browned and slightly crispy, 10 to 15 minutes. Set aside.
- ☐ In a large pot, combine cream of chicken soup, milk, chicken mixture, carrots, almonds, 5 tablespoons butter and parsley. Bring to a boil, stirring, then reduce heat to low and stir in rice. Simmer, uncovered, 15 minutes, stirring occasionally and adding more water or milk to thin if needed.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:37.85, Glycemic Load:13.46, Inflammation Score:-10, Nutrition Score:19.314347930576%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin:

0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 33.96mg, Apigenin: 33.96mg, Apigenin: 33.96mg, Apigenin: 33.96mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg, Isorhamnetin: 3.27mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 335.07kcal (16.75%), Fat: 17.1g (26.31%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 28.14g (10.23%), Sugar: 8.15g (9.06%), Cholesterol: 52.75mg (17.58%), Sodium: 702.15mg (30.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.33%), Vitamin A: 9128.69IU (182.57%), Phosphorus: 298.58mg (29.86%), Manganese: 0.58mg (29.1%), Vitamin B3: 5.43mg (27.16%), Vitamin K: 23.3µg (22.19%), Vitamin B6: 0.44mg (22.18%), Magnesium: 77.38mg (19.35%), Vitamin B2: 0.33mg (19.33%), Selenium: 13.09µg (18.69%), Potassium: 599.88mg (17.14%), Calcium: 160.59mg (16.06%), Vitamin E: 2.26mg (15.06%), Zinc: 2.23mg (14.89%), Fiber: 3.68g (14.73%), Copper: 0.29mg (14.53%), Vitamin B5: 1.27mg (12.75%), Iron: 1.81mg (10.03%), Folate: 39.56µg (9.89%), Vitamin B1: 0.15mg (9.85%), Vitamin B12: 0.51µg (8.51%), Vitamin C: 5.6mg (6.78%), Vitamin D: 0.92µg (6.15%)