



Chicken Wild Rice Soup III

READY IN



380 min.

SERVINGS



6

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons chicken soup base
- ☐ 3 cups rotisserie chicken breast meat diced cooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 onion chopped
- ☐ 4 potatoes cubed
- ☐ 5 cups water
- ☐ 1 cup rice wild uncooked

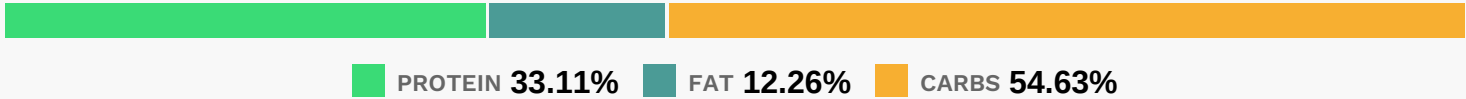
Equipment

- ☐ sauce pan
- ☐ slow cooker

Directions

- ☐ In a large saucepan over medium-high heat, bring rice, chicken, bouillon, onion and water to a boil.
- ☐ Remove from heat and pour into slow cooker. Stir in potatoes.
- ☐ Combine milk and flour and stir until smooth. Stir into soup mixture. Cook 6 to 8 hours, until rice and potatoes are tender and flavors are well blended.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:31.26, Inflammation Score:-6, Nutrition Score:21.373043288355%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 377.52kcal (18.88%), Fat: 5.14g (7.91%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 51.55g (17.18%), Net Carbohydrates: 46.39g (16.87%), Sugar: 5.78g (6.42%), Cholesterol: 67.04mg (22.35%), Sodium: 493.92mg (21.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.5%), Vitamin B3: 13.16mg (65.82%), Vitamin B6: 1.01mg (50.26%), Phosphorus: 428.4mg (42.84%), Vitamin C: 29.35mg (35.57%), Selenium: 23.06µg (32.94%), Manganese: 0.63mg (31.46%), Potassium: 1016.98mg (29.06%), Magnesium: 112.77mg (28.19%), Fiber: 5.16g (20.63%), Zinc: 3.02mg (20.14%), Copper: 0.37mg (18.51%), Vitamin B2: 0.3mg (17.87%), Vitamin B1: 0.26mg (17.14%), Vitamin B5: 1.65mg (16.53%), Folate: 59.44µg (14.86%), Iron: 2.53mg (14.06%), Calcium: 121.79mg (12.18%), Vitamin B12: 0.57µg (9.54%), Vitamin D: 0.74µg (4.94%), Vitamin K: 3.68µg (3.5%), Vitamin E: 0.47mg (3.1%), Vitamin A: 121.83IU (2.44%)