



Classic Creamy Wild Rice Soup

READY IN



40 min.

SERVINGS



5

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 0.5 cup carrots shredded
- 1 cup celery stalks sliced
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 0.5 cup bell pepper green chopped
- 1 cup half and half
- 0.5 cup onion chopped
- 0.3 teaspoon pepper

- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted
- 14 oz vegetable stock canned
- 1.8 cups water
- 0.5 cup rice wild uncooked

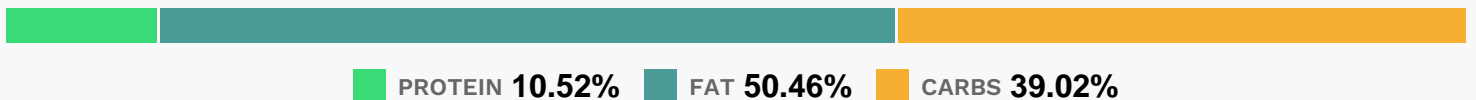
Equipment

- sauce pan

Directions

- Cook wild rice in 1 1/4 cups of the water as directed on package.
- In 3-quart saucepan, melt butter over medium heat.
- Add celery, carrot, onion and bell pepper; cook, stirring occasionally, until celery is tender.
- Stir in flour, salt and pepper. Stir in wild rice, remaining 1/2 cup water and the broth.
- Heat to boiling. Reduce heat to low; cover and simmer 15 minutes, stirring occasionally.
- Stir in remaining ingredients.
- Heat just until hot (do not boil).

Nutrition Facts



Properties

Glycemic Index:73.17, Glycemic Load:10.07, Inflammation Score:-9, Nutrition Score:14.971304452938%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg, Apigenin: 7.04mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.26mg, Kaempferol:

0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 241.61kcal (12.08%), Fat: 14.02g (21.56%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 21.04g (7.65%), Sugar: 5.34g (5.93%), Cholesterol: 16.94mg (5.65%), Sodium: 665.6mg (28.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.15%), Vitamin A: 3081.62IU (61.63%), Vitamin K: 59.09µg (56.27%), Manganese: 0.5mg (25.22%), Vitamin C: 18.98mg (23.01%), Phosphorus: 174.89mg (17.49%), Vitamin E: 2.49mg (16.62%), Vitamin B2: 0.27mg (16.04%), Magnesium: 63.11mg (15.78%), Fiber: 3.34g (13.38%), Folate: 46.92µg (11.73%), Copper: 0.22mg (10.85%), Zinc: 1.54mg (10.29%), Calcium: 101.56mg (10.16%), Potassium: 353.06mg (10.09%), Vitamin B3: 1.98mg (9.89%), Vitamin B6: 0.19mg (9.36%), Vitamin B1: 0.11mg (7.65%), Iron: 1.17mg (6.52%), Selenium: 4µg (5.71%), Vitamin B5: 0.5mg (5.02%), Vitamin B12: 0.1µg (1.63%)