



Cream of Chicken with Wild Rice Soup

READY IN



135 min.

SERVINGS



8

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup celery chopped
- 2 tablespoons chicken soup base
- 0.8 cup flour all-purpose
- 1 cup mushrooms fresh sliced
- 0.8 teaspoon ground pepper white
- 0.5 cup butter
- 4 cups milk
- 1 cup onion chopped
- 0.5 teaspoon salt

- 2 tablespoons vegetable oil
- 7 cups water
- 0.8 cup white wine
- 3 pound meat from a rotisserie chicken whole cut into pieces
- 1.3 cups rice wild

Equipment

- sauce pan
- whisk
- pot

Directions

- Cook the wild rice according to package directions, but remove from heat about 15 minutes before it's done.
- Drain the excess liquid, and set aside.
- In a stock pot over high heat, combine the chicken and the water. Bring to a boil, and then reduce heat to low. Simmer for 40 minutes, or until chicken is cooked and tender.
- Remove chicken from the pot, and allow it to cool. Strain the broth from the pot, and reserve for later. When chicken is cool, remove the meat from the bones, cut into bite size pieces, and reserve. Discard the fat and the bones.
- In the same stock pot over medium heat, saute the celery and onion in the oil for 5 minutes.
- Add the mushrooms, and cover. Cook for 5 to 10 minutes, stirring occasionally, until everything is tender. Return the broth to the stock pot, and add the partially cooked wild rice. Stir in the bouillon, white pepper and salt; simmer, uncovered, for 15 minutes.
- Meanwhile, melt margarine in a medium saucepan over medium heat. Stir in the flour until smooth.
- Whisk in the milk, and continue cooking until mixture is bubbly and thick.
- Add some of the broth mixture to the milk mixture, continuing to stir, then stir all of the milk mixture into the broth mixture.
- Mix in the reserved chicken meat and the white wine. Allow this to heat through for about 15 minutes.

Nutrition Facts

PROTEIN 18.8% FAT 52.81% CARBS 28.39%

Properties

Glycemic Index:34.38, Glycemic Load:19.54, Inflammation Score:-8, Nutrition Score:18.725217446037%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 553.41kcal (27.67%), Fat: 31.68g (48.74%), Saturated Fat: 8.8g (55%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 35.63g (12.96%), Sugar: 8.25g (9.17%), Cholesterol: 76.04mg (25.35%), Sodium: 706.17mg (30.7%), Alcohol: 2.32g (100%), Alcohol %: 0.55% (100%), Protein: 25.38g (50.75%), Vitamin B3: 8.72mg (43.62%), Phosphorus: 400.23mg (40.02%), Selenium: 20.44µg (29.2%), Vitamin B2: 0.47mg (27.6%), Manganese: 0.54mg (26.79%), Vitamin B6: 0.53mg (26.47%), Magnesium: 90.83mg (22.71%), Zinc: 3.41mg (22.7%), Calcium: 191.82mg (19.18%), Vitamin B5: 1.8mg (18.01%), Vitamin B1: 0.27mg (17.69%), Vitamin A: 881.61IU (17.63%), Potassium: 589.87mg (16.85%), Folate: 62.85µg (15.71%), Vitamin B12: 0.93µg (15.58%), Copper: 0.28mg (14.16%), Vitamin K: 12.25µg (11.67%), Iron: 2.03mg (11.28%), Fiber: 2.68g (10.72%), Vitamin D: 1.53µg (10.2%), Vitamin E: 1.29mg (8.63%), Vitamin C: 3.51mg (4.26%)