



Creamy Chicken and Wild Rice Soup

READY IN



25 min.

SERVINGS



8

CALORIES



447 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 chicken breast halves shredded boneless cooked
- 0.5 cup butter
- 4 cups chicken broth
- 0.8 cup flour all-purpose
- 0.5 teaspoon pepper black
- 2 cups cup heavy whipping cream
- 4.5 ounce quick-cooking brown rice long grain wild with seasoning packet quick
- 0.5 teaspoon salt
- 2 cups water

Equipment

- bowl
- sauce pan
- whisk
- pot

Directions

- In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.
- In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux.
- Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.
- Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Nutrition Facts

PROTEIN 9.81% **FAT 68.51%** **CARBS 21.68%**

Properties

Glycemic Index:19.63, Glycemic Load:6.49, Inflammation Score:-7, Nutrition Score:10.483478299949%

Nutrients (% of daily need)

Calories: 446.85kcal (22.34%), Fat: 34.23g (52.67%), Saturated Fat: 21.2g (132.48%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 23.71g (8.62%), Sugar: 2.29g (2.55%), Cholesterol: 118.17mg (39.39%), Sodium: 726.14mg (31.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.06%), Selenium: 21.35µg (30.5%), Vitamin B3: 5.06mg (25.29%), Vitamin A: 1240.7IU (24.81%), Vitamin B1: 0.3mg (19.68%), Folate: 69.26µg (17.31%), Vitamin B2: 0.28mg (16.28%), Manganese: 0.31mg (15.61%), Phosphorus: 133.61mg (13.36%), Vitamin B6: 0.26mg (12.89%), Iron: 1.81mg (10.06%), Vitamin B5: 0.7mg (7.02%), Vitamin E: 0.99mg (6.61%), Vitamin D: 0.98µg (6.54%), Potassium: 204.14mg (5.83%), Calcium: 56.47mg (5.65%), Zinc: 0.72mg (4.8%), Magnesium: 18.59mg (4.65%), Copper: 0.09mg (4.41%), Vitamin B12: 0.2µg (3.32%), Vitamin K: 3.21µg (3.06%), Fiber: 0.65g (2.6%)