



Creamy Chicken & Wild Rice Soup

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



483 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 chicken breast halves shredded boneless cooked
- ☐ 0.5 cup butter
- ☐ 0.5 cup carrots
- ☐ 0.5 celery
- ☐ 4 cups chicken broth
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cloves garlic
- ☐ 0.5 teaspoon pepper black

- ☐ 2 cups cup heavy whipping cream
- ☐ 2 Tablespoons olive oil
- ☐ 4.5 ounce quick-cooking brown rice long grain wild with seasoning packet quick
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Cook chicken breast – I cooked mine in a skillet with a little bit of olive oil until cooked thru (about 4–5 mins on each side), removed from pan and shredded with a knife and fork. **You could also use a rotisserie chicken, just pull chicken from bone. Set cooked chicken aside. In a large pot over medium heat saute garlic cloves in olive oil, then add carrot and celery and saute for a few minutes until softened.
- ☐ Add 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 with a wooden spoon by tablespoons, until thick, to form a roux.
- ☐ Whisk in cream, a little at a time, until fully mixed and smooth. Cook until thickened about 5 minutes.
- ☐ Add cream mixture into broth and rice, stir slowly. Cook over medium heat until heated through, about 10 to 15 minutes.

Nutrition Facts



 **PROTEIN 9.19%**  **FAT 69.88%**  **CARBS 20.93%**

Properties

Glycemic Index:33.23, Glycemic Load:6.82, Inflammation Score:-9, Nutrition Score:12.423043520554%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 482.53kcal (24.13%), Fat: 37.76g (58.09%), Saturated Fat: 21.68g (135.53%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 24.52g (8.92%), Sugar: 2.71g (3.01%), Cholesterol: 118.17mg (39.39%), Sodium: 733.86mg (31.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin A: 2588.48IU (51.77%), Selenium: 21.47µg (30.68%), Vitamin B3: 5.15mg (25.75%), Vitamin B1: 0.3mg (20.16%), Folate: 71.7µg (17.92%), Manganese: 0.34mg (16.94%), Vitamin B2: 0.28mg (16.69%), Vitamin B6: 0.28mg (14%), Phosphorus: 138.16mg (13.82%), Iron: 1.87mg (10.4%), Vitamin E: 1.56mg (10.37%), Vitamin B5: 0.73mg (7.35%), Potassium: 239.28mg (6.84%), Vitamin K: 7.12µg (6.78%), Vitamin D: 0.98µg (6.54%), Calcium: 61.5mg (6.15%), Magnesium: 20.01mg (5%), Zinc: 0.75mg (5%), Copper: 0.09mg (4.74%), Fiber: 0.93g (3.72%), Vitamin B12: 0.2µg (3.32%), Vitamin C: 1.48mg (1.79%)