



Creamy Dairy-Free Wild Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 c carrots shredded
- 2 cans chicken broth (29 oz total)
- 6 tbsp dairy-free margarine
- 0.5 c ham diced fully cooked
- 0.3 cup flour gluten-free all-purpose (can use flour without gums)
- 3 tbsp green onions chopped
- 1 c coconut milk light
- 4 dashes nutmeg

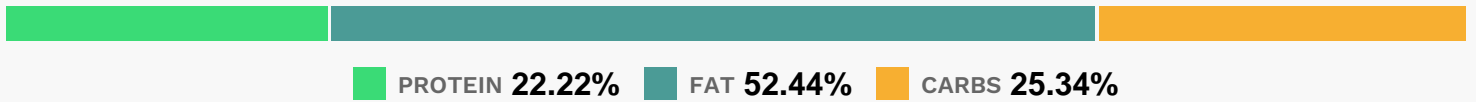
- 0.3 tsp pepper
- 0.5 tsp salt
- 4 c water
- 0.5 c rice wild uncooked

Equipment

Directions

- Bring water and salt to a boil.
- Add rice. Reduce heat, cover and simmer 50–55 minutes.
- Remove from heat and let stand 10 minutes.
- Drain.Sauté the onions and carrot in butter substitute for 1–2 minutes.Stir in flour and gradually add broth.Bring to a boil, cook and stir for 2 minutes. Reduce heat.
- Add ham, pepper and wild rice. Cover and simmer 5 minutes until carrots are tender. Reduce heat, add coconut milk and nutmeg and heat through.

Nutrition Facts



Properties

Glycemic Index:59.21, Glycemic Load:8.23, Inflammation Score:-9, Nutrition Score:13.744347837956%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 417.62kcal (20.88%), Fat: 24.07g (37.04%), Saturated Fat: 8.8g (55%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 23.33g (8.48%), Sugar: 1.61g (1.79%), Cholesterol: 42.06mg (14.02%), Sodium: 956.88mg (41.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin A: 2301.23IU (46.02%), Vitamin E: 4.51mg (30.05%), Phosphorus: 232.63mg (23.26%), Vitamin K: 24.07µg (22.92%), Selenium: 15.1µg (21.57%), Zinc: 3.18mg (21.19%), Vitamin B3: 3.49mg (17.45%), Manganese: 0.34mg (16.84%), Magnesium: 56.71mg (14.18%), Vitamin B12: 0.83µg (13.9%), Vitamin B6: 0.25mg (12.54%), Fiber: 2.84g (11.36%), Copper: 0.21mg (10.5%), Iron: 1.84mg

(10.2%), Vitamin B2: 0.16mg (9.33%), Potassium: 271.37mg (7.75%), Vitamin B1: 0.11mg (7.28%), Folate: 25.88µg (6.47%), Vitamin C: 4.64mg (5.62%), Vitamin B5: 0.37mg (3.65%), Calcium: 36.15mg (3.62%)