



Creamy Turkey-And-Wild Rice Soup

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups celery chopped
- ☐ 1 cup rice wild hot cooked
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 1 tablespoon butter light
- ☐ 3 cups milk 2% reduced-fat
- ☐ 8 ounce mushrooms quartered
- ☐ 2 cups onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups turkey breast shredded cooked

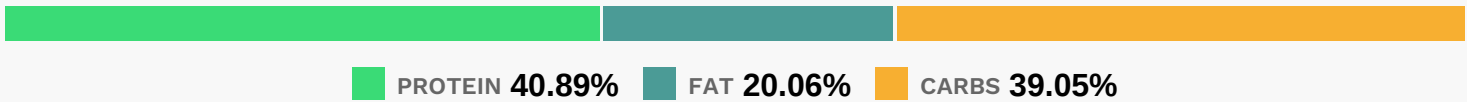
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add celery and onion; saut 5 minutes.
- ☐ Add mushrooms, rosemary, and garlic; saut 5 minutes.
- ☐ Add broth and wine; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a small bowl. Gradually add milk, stirring well with a whisk; add to soup. Bring to a boil. Reduce heat, and simmer, uncovered, 8 minutes.
- ☐ Add turkey and remaining ingredients; cook until heated.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:4.64, Inflammation Score:-7, Nutrition Score:19.741739376732%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 3.84mg, Apigenin: 3.84mg, Apigenin: 3.84mg, Apigenin: 3.84mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg, Quercetin: 11mg

Nutrients (% of daily need)

Calories: 254.01kcal (12.7%), Fat: 5.48g (8.44%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.41g (7.79%), Sugar: 10.02g (11.13%), Cholesterol: 54.5mg (18.17%), Sodium: 756.01mg (32.87%), Alcohol: 2.06g (100%), Alcohol %: 0.57% (100%), Protein: 25.15g (50.3%), Vitamin B3: 10.6mg (53.02%), Vitamin B6: 0.87mg (43.27%), Selenium: 28.68µg (40.97%), Phosphorus: 394.9mg (39.49%), Vitamin B2: 0.59mg (34.81%), Vitamin K: 32.69µg (31.13%), Vitamin B12: 1.29µg (21.53%), Potassium: 730.16mg (20.86%), Calcium: 193.16mg (19.32%), Vitamin B5: 1.93mg (19.28%), Manganese: 0.33mg (16.46%), Zinc: 2.41mg (16.05%), Folate: 60.17µg (15.04%), Magnesium: 59.39mg (14.85%), Vitamin B1: 0.2mg (13.35%), Copper: 0.27mg (13.27%), Fiber: 2.6g (10.4%), Vitamin C: 8.33mg (10.1%), Vitamin A: 451.46IU (9.03%), Iron: 1.55mg (8.6%), Vitamin E: 0.31mg (2.04%), Vitamin D: 0.18µg (1.19%)