



Creamy Wild Rice Soup

 Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



362 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 cup celery stalks sliced
- 1 cup carrots shredded
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 3 tablespoons flour all-purpose
- 0.3 teaspoon pepper
- 1.3 cups rice wild frozen cooked (from 10-ounce package)

- 1 cup water
- 10.5 ounces cream of chicken soup canned
- 0.3 cup slivered almonds toasted
- 0.3 cup parsley fresh chopped
- 1 cup frangelico

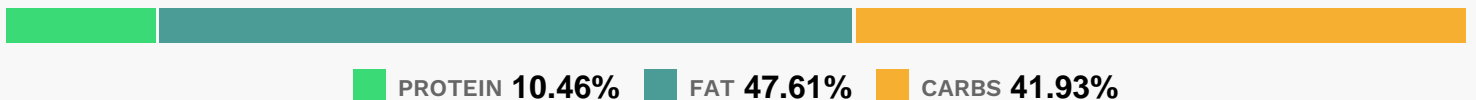
Equipment

- sauce pan

Directions

- Melt butter in 3-quart saucepan over medium-high heat. Cook celery, carrot, onion and bell pepper in butter about 4 minutes, stirring occasionally, until tender.
- Stir in flour and pepper. Stir in wild rice, water and broth.
- Heat to boiling; reduce heat to low. Cover and simmer 15 minutes, stirring occasionally.
- Stir in half-and-half, almonds and parsley.
- Heat just until hot (do not boil or soup may curdle).

Nutrition Facts



Properties

Glycemic Index:102.61, Glycemic Load:9.5, Inflammation Score:-10, Nutrition Score:23.539999989064%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg, Apigenin: 11.74mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 362.26kcal (18.11%), Fat: 19.81g (30.47%), Saturated Fat: 3.81g (23.79%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 33.49g (12.18%), Sugar: 5.82g (6.47%), Cholesterol: 7.94mg (2.65%), Sodium: 851.84mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.59%), Vitamin A: 8310.19IU (166.2%), Vitamin K: 104.15µg (99.19%), Vitamin C: 32.27mg (39.11%), Manganese: 0.78mg (38.76%), Vitamin E: 4.57mg (30.5%), Fiber: 5.75g (22.99%), Copper: 0.42mg (21.21%), Vitamin B2: 0.35mg (20.33%), Magnesium: 77.71mg (19.43%), Phosphorus: 193.64mg (19.36%), Folate: 74.25µg (18.56%), Iron: 2.92mg (16.21%), Potassium: 553.91mg (15.83%), Vitamin B6: 0.29mg (14.46%), Vitamin B3: 2.89mg (14.46%), Vitamin B1: 0.2mg (13.26%), Zinc: 1.92mg (12.78%), Calcium: 98.31mg (9.83%), Selenium: 5.79µg (8.27%), Vitamin B5: 0.67mg (6.72%)