



Creamy Wild Rice Soup

READY IN



40 min.

SERVINGS



3

CALORIES



316 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 1 cup carrots shredded
- 1 cup celery stalks sliced
- 10.5 ounces chicken broth canned
- 3 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 0.5 cup bell pepper green chopped
- 1 cup half and half
- 0.5 cup onion chopped

- 0.3 teaspoon pepper
- 0.3 cup slivered almonds toasted
- 1 cup water

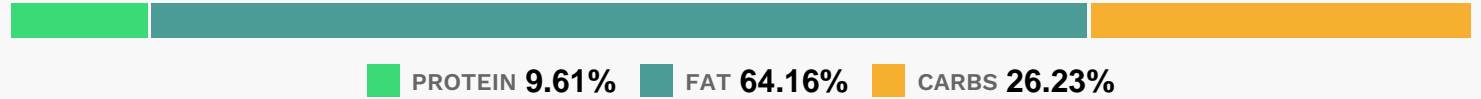
Equipment

- 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:88.28, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:21.669564993485%

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: 315.57kcal (15.78%), Fat: 23.33g (35.9%), Saturated Fat: 7.77g (48.58%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 16.94g (6.16%), Sugar: 8.54g (9.49%), Cholesterol: 30.22mg (10.07%), Sodium: 570.57mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.86g (15.73%), Vitamin A: 8415.1IU (168.3%), Vitamin K: 100.78µg (95.99%), Vitamin C: 32.9mg (39.87%), Manganese: 0.56mg (28.07%), Vitamin E: 4.12mg (27.44%), Vitamin B2: 0.46mg (26.8%), Phosphorus: 187.45mg (18.74%), Fiber: 4.52g (18.07%), Calcium: 172.65mg (17.27%), Potassium: 560.62mg (16.02%), Magnesium: 60.94mg (15.23%), Folate: 56.92µg (14.23%), Vitamin B1: 0.2mg (13.04%), Vitamin B6: 0.24mg (11.87%), Copper: 0.24mg (11.83%), Vitamin B3: 1.93mg (9.65%), Selenium: 6.34µg (9.05%), Iron: 1.56mg (8.69%), Zinc: 1.1mg (7.32%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.18µg (3.04%)