



Creamy Wild Rice Soup

READY IN



50 min.

SERVINGS



50

CALORIES



23 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon chopped
- 2 carrots chopped
- 0.5 cup philadelphia cream cheese spread ()
- 4 cups chicken broth fat-free reduced-sodium
- 0.3 cup flour
- 2 Tbsp chives fresh chopped
- 0.5 cup onions finely chopped
- 0.3 tsp pepper
- 0.5 cup rice wild uncooked

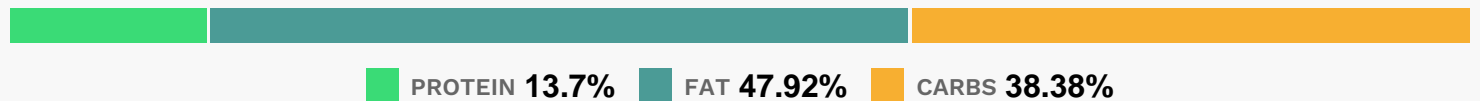
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- slotted spoon

Directions

- Cook rice as directed on package, omitting salt.
- Meanwhile, cook and stir bacon in large saucepan on medium heat until crisp.
- Remove from pan with slotted spoon, reserving 1 Tbsp. drippings in pan.
- Drain bacon on paper towels.
- Add onions and carrots to drippings in pan; cook 5 min. or until crisp-tender, stirring occasionally. Stir in flour; cook and stir 1 min.
- Add broth; stir. Bring to boil on high heat, stirring frequently; simmer on medium-low heat 10 min. or until vegetables are tender, stirring occasionally. Stir in rice, cream cheese spread and pepper. Cook and stir 3 min. or until cream cheese is melted and soup is thickened. Stir in half the bacon. Ladle soup into soup bowls; top with remaining bacon and chives.

Nutrition Facts



Properties

Glycemic Index:5.64, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:1.1660869596121%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 23.38kcal (1.17%), Fat: 1.25g (1.93%), Saturated Fat: 0.56g (3.47%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.33g (0.36%), Cholesterol: 2.57mg (0.86%), Sodium: 98.34mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.61%), Vitamin A: 435.46IU (8.71%), Manganese: 0.04mg (1.75%), Vitamin B3: 0.34mg (1.72%), Selenium: 1.02µg (1.46%), Phosphorus: 13.54mg (1.35%), Vitamin B1: 0.02mg (1.02%)