



Creamy Wild-Rice Soup with Smoked Turkey

READY IN



45 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots chopped
- ☐ 2 tablespoons sherry dry
- ☐ 32 ounce fat-skimmed beef broth fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 3 garlic clove minced
- ☐ 1 cup spring onion chopped
- ☐ 2.8 cups milk 2% reduced-fat
- ☐ 1 cup onion chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons stick margarine
- ☐ 0.5 pound turkey breast smoked chopped
- ☐ 1 cup rice wild uncooked
- ☐ 1 teaspoon rosemary dried fresh chopped

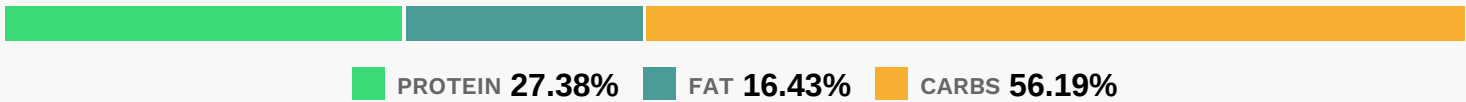
Equipment

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

Directions

- ☐ Melt the butter in a Dutch oven over medium-high heat.
- ☐ Add carrot and next 5 ingredients (carrot through garlic). Saut 8 minutes or until browned. Stir in broth, scraping pan to loosen browned bits. Stir in turkey and rice; bring to a boil. Cover, reduce heat, and simmer 1 hour and 15 minutes or until rice is tender.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and milk in a small bowl, stirring with a whisk.
- ☐ Add to pan. Cook over medium heat until thick (about 8 minutes), stirring frequently. Stir in sherry and salt.

Nutrition Facts



Properties

Glycemic Index:47.98, Glycemic Load:11.81, Inflammation Score:-9, Nutrition Score:15.52869561185%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

Nutrients (% of daily need)

Calories: 196.46kcal (9.82%), Fat: 3.62g (5.57%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 27.85g (9.28%), Net Carbohydrates: 25.32g (9.21%), Sugar: 6.75g (7.5%), Cholesterol: 21.8mg (7.27%), Sodium: 733.03mg (31.87%), Alcohol: 0.39g (100%), Alcohol %: 0.16% (100%), Protein: 13.57g (27.14%), Vitamin A: 2935.11IU (58.7%), Vitamin K: 28.76µg (27.39%), Vitamin B3: 5.43mg (27.17%), Phosphorus: 265.05mg (26.51%), Manganese: 0.43mg (21.38%), Vitamin B6: 0.42mg (20.85%), Selenium: 13.64µg (19.49%), Vitamin B2: 0.32mg (18.84%), Magnesium: 60.94mg (15.24%), Zinc: 2.15mg (14.33%), Vitamin B12: 0.84µg (13.94%), Calcium: 132.99mg (13.3%), Folate: 50.68µg (12.67%), Potassium: 430.74mg (12.31%), Fiber: 2.54g (10.15%), Vitamin B5: 0.97mg (9.7%), Vitamin B1: 0.14mg (9.48%), Copper: 0.18mg (9.17%), Iron: 1.28mg (7.09%), Vitamin C: 5.3mg (6.42%), Vitamin E: 0.43mg (2.84%)