



Creamy Wild Rice-Turkey Chowder

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots chopped
- ☐ 10.8 ounce condensed reduced-fat reduced-sodium canned
- ☐ 1 cup green onions chopped (4)
- ☐ 1.5 cups milk 1% low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup quick-cooking rice wild
- ☐ 4 ounces turkey smoked diced

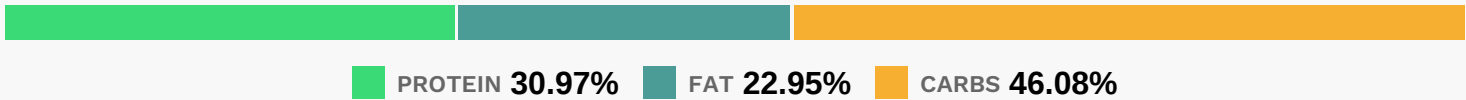
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Coat a medium saucepan with cooking spray, and place over medium-high heat until hot.
- ☐ Add turkey, green onions, and carrot to pan; saut 3 minutes.
- ☐ Add milk and soup, stirring well; bring mixture to a boil. Stir in rice; bring to a boil. Cover, reduce heat to medium-low, and simmer 5 minutes or until rice is tender. Stir in pepper.
- ☐ carbo rating: 16

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:14.621739268303%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

Nutrients (% of daily need)

Calories: 155.02kcal (7.75%), Fat: 3.96g (6.1%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 17.9g (5.97%), Net Carbohydrates: 16.48g (5.99%), Sugar: 5.75g (6.39%), Cholesterol: 22.73mg (7.58%), Sodium: 613.02mg (26.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Vitamin A: 3107.63IU (62.15%), Vitamin K: 54.16µg (51.58%), Manganese: 0.38mg (19.15%), Phosphorus: 173.59mg (17.36%), Vitamin B3: 3.11mg (15.57%), Vitamin B12: 0.91µg (15.12%), Calcium: 142.18mg (14.22%), Vitamin B2: 0.24mg (14.02%), Selenium: 8.98µg (12.83%), Vitamin B6: 0.25mg (12.53%), Zinc: 1.82mg (12.11%), Folate: 47.28µg (11.82%), Potassium: 405.6mg (11.59%), Vitamin B1: 0.17mg (11.08%), Copper: 0.21mg (10.55%), Iron: 1.59mg (8.82%), Magnesium: 29.12mg (7.28%), Vitamin B5: 0.72mg (7.23%), Vitamin D: 1.03µg (6.89%), Vitamin C: 5.64mg (6.84%), Fiber: 1.42g (5.67%), Vitamin E: 0.28mg (1.89%)