



Curried Wild Rice Soup

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon chervil dried
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 teaspoon mustard dry
- ☐ 0.7 cup cooking sherry dry
- ☐ 0.5 cup flour all-purpose
- ☐ 2.5 cups mushrooms fresh sliced

- ☐ 1 tablespoon parsley fresh chopped for garnish
- ☐ 2 cups half-and-half
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 6 cups vegetable broth
- ☐ 0.5 teaspoon pepper white
- ☐ 1 cup rice wild uncooked

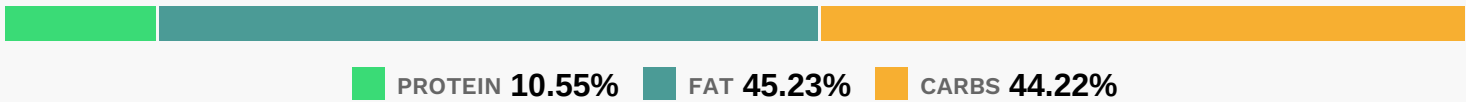
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer until tender, about 40 minutes.
- ☐ Heat butter in a large saucepan over medium heat.
- ☐ Saute onion until golden brown; add mushrooms and celery. Cook 2 minutes, stirring constantly.
- ☐ Reduce heat to low; stir in flour and cook, stirring constantly, until mixture is bubbly. Gradually add broth; increase heat to medium-high and bring to a boil. Boil, stirring, for 1 minute.
- ☐ Reduce heat to low and add cooked rice, half and half, sherry, salt, white pepper, curry powder, dry mustard, paprika and chervil. Simmer until heated through.
- ☐ Serve hot and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:9.09, Inflammation Score:-6, Nutrition Score:6.8017391653165%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg, Apigenin: 0.84mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 180.07kcal (9%), Fat: 8.81g (13.55%), Saturated Fat: 5.32g (33.23%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 17.89g (6.5%), Sugar: 4g (4.45%), Cholesterol: 24.28mg (8.09%), Sodium: 628.65mg (27.33%), Alcohol: 1.37g (100%), Alcohol %: 0.76% (100%), Protein: 4.63g (9.25%), Vitamin B2: 0.23mg (13.51%), Manganese: 0.27mg (13.28%), Phosphorus: 127.68mg (12.77%), Vitamin A: 603.07IU (12.06%), Vitamin B3: 2.03mg (10.16%), Magnesium: 34.3mg (8.58%), Selenium: 5.61µg (8.01%), Folate: 31.17µg (7.79%), Vitamin K: 8.07µg (7.68%), Zinc: 1.15mg (7.67%), Copper: 0.15mg (7.67%), Potassium: 220.2mg (6.29%), Vitamin B5: 0.62mg (6.19%), Vitamin B1: 0.09mg (6.13%), Vitamin B6: 0.12mg (5.99%), Fiber: 1.49g (5.96%), Calcium: 55.07mg (5.51%), Iron: 0.77mg (4.29%), Vitamin E: 0.39mg (2.58%), Vitamin C: 2.07mg (2.51%), Vitamin B12: 0.09µg (1.54%)