



## Slow-Cooker Wild Rice and Mushroom Soup

 Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



140 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 32 oz beef broth
- 2 medium carrots cut into 1/2-inch pieces
- 1 medium stalk celery cut into 1/2-inch pieces
- 0.5 cup rice wild uncooked (not cracked or broken)
- 1 lb mushrooms whole halved
- 1 envelope onion soup mix (from 1.8-oz. pkg.)
- 1 cup peas sweet frozen thawed
- 1 tablespoon sugar

1 cup water

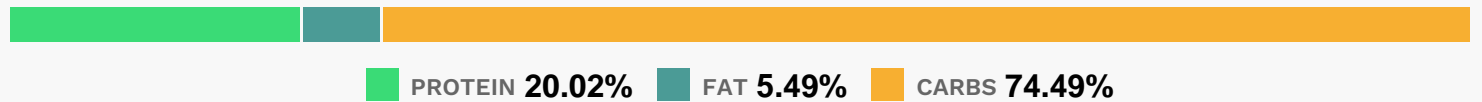
## Equipment

slow cooker

## Directions

- In 3 to 4-quart slow cooker, layer mushrooms, rice, celery, carrots, soup mix and sugar.
- Pour water and broth over top.
- Cover; cook on Low setting for 6 to 8 hours.
- About 10 minutes before serving, gently stir thawed peas into soup. Cover; cook an additional 10 minutes or until peas are thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:47.74, Glycemic Load:10.97, Inflammation Score:-9, Nutrition Score:14.023043445919%

## Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 139.56kcal (6.98%), Fat: 0.88g (1.35%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 23.36g (8.49%), Sugar: 6.24g (6.94%), Cholesterol: 0mg (0%), Sodium: 1124.97mg (48.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin A: 3612.7IU (72.25%), Vitamin B3: 4.98mg (24.9%), Vitamin B2: 0.41mg (24.08%), Manganese: 0.4mg (19.89%), Copper: 0.36mg (17.92%), Selenium: 11.24µg (16.06%), Vitamin C: 12.89mg (15.62%), Phosphorus: 151.28mg (15.13%), Potassium: 529.25mg (15.12%), Vitamin B5: 1.47mg (14.72%), Fiber: 3.45g (13.8%), Vitamin B6: 0.23mg (11.58%), Vitamin B1: 0.17mg (11.52%), Vitamin K: 10.74µg (10.23%), Folate: 39.08µg (9.77%), Magnesium: 29.22mg (7.31%), Iron: 1.27mg (7.07%), Zinc: 1mg (6.65%), Calcium: 41.81mg (4.18%), Vitamin B12: 0.14µg (2.27%), Vitamin E: 0.22mg (1.45%), Vitamin D: 0.15µg (1.01%)