



Light Chicken-Wild Rice Soup

READY IN



20 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices bacon
- 3 chicken breast halves boneless skinless cut into 3/4-inch pieces
- 6.2 oz suya seasoning mix (long-grain wild with seasoning packet)
- 28 oz fat-skimmed beef broth (fat-free 33% with less sodium canned)
- 4 cups skim milk (fat-free (skim))
- 0.8 cup flour (all-purpose)
- 1.5 teaspoons pimientos (diced)
- 1 tablespoon sherry (dry)



Equipment

- paper towels
- sauce pan
- dutch oven

Directions

- Cook bacon until crisp.
- Drain on paper towel; crumble and set aside.
- In nonstick Dutch oven or 4-quart saucepan, mix chicken, rice with contents of seasoning packet and broth.
- Heat to boiling. Reduce heat to low; cover and simmer 5 to 10 minutes or until rice is tender.
- In small jar with tight-fitting lid, shake 1 cup of the milk and the flour until well blended.
- Add flour mixture, remaining 3 cups milk, the bacon, pimientos and sherry to rice mixture; cook over medium heat, stirring constantly, until soup is bubbly and thickened and chicken is no longer pink in center. If desired, season to taste with salt and pepper.

Nutrition Facts

 **PROTEIN 28.6%**  **FAT 23.84%**  **CARBS 47.56%**

Properties

Glycemic Index:28.88, Glycemic Load:11.7, Inflammation Score:-8, Nutrition Score:35.996086784031%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 323.3kcal (16.17%), Fat: 9.05g (13.93%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 27.72g (10.08%), Sugar: 9.75g (10.84%), Cholesterol: 50.74mg (16.91%), Sodium: 778.67mg (33.86%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 24.43g (48.86%), Vitamin K: 182.42µg (173.73%), Manganese: 1.6mg (80.1%), Calcium: 694.94mg (69.49%), Iron: 11.99mg (66.62%), Fiber: 12.9g (51.6%), Vitamin B3: 9.71mg (48.54%), Selenium: 33.83µg (48.32%), Vitamin B6: 0.89mg (44.64%), Phosphorus: 390.03mg (39%),

Vitamin E: 5.54mg (36.93%), Vitamin B2: 0.54mg (31.96%), Magnesium: 120.24mg (30.06%), Potassium: 940.56mg (26.87%), Folate: 104.98µg (26.25%), Vitamin B1: 0.35mg (23.48%), Vitamin B12: 1.4µg (23.3%), Vitamin B5: 1.97mg (19.68%), Vitamin A: 887.06IU (17.74%), Zinc: 2.17mg (14.44%), Copper: 0.26mg (12.93%), Vitamin D: 1.91µg (12.75%), Vitamin C: 2.65mg (3.21%)