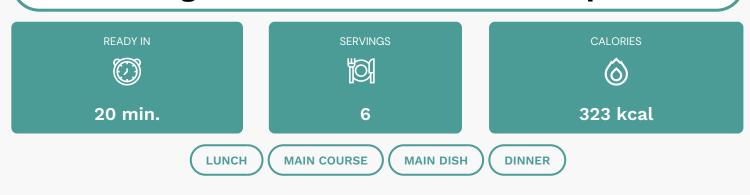


Light Chicken-Wild Rice Soup



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)
O.8 cup flour all-purpose
1.5 teaspoons pimientos diced
1 tablespoon sherry dry

Equipment		
pape	er towels	
sauc	ce pan	
duto	ch oven	
Direct	tions	
Cool	k bacon until crisp.	
Drain	n on paper towel; crumble and set aside.	
	onstick Dutch oven or 4-quart saucepan, mix chicken, rice with contents of seasoning ket and broth.	
Heat	t to boiling. Reduce heat to low; cover and simmer 5 to 10 minutes or until rice is tender.	
In sn	nall jar with tight-fitting lid, shake 1 cup of the milk and the flour until well blended.	
cool	flour mixture, remaining 3 cups milk, the bacon, pimientos and sherry to rice mixture; k over medium heat, stirring constantly, until soup is bubbly and thickened and chicken is onger pink in center. If desired, season to taste with salt and pepper.	
Nutrition Facts		

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, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

PROTEIN 28.6% FAT 23.84% CARBS 47.56%

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%)