



Minesota Wild Rice Soup

READY IN



90 min.

SERVINGS



8

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup celery stalks finely chopped
- ☐ 1 pound chicken breast cooked chopped
- ☐ 10 ounce cremini mushrooms sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 tablespoons cooking wine dry white
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup half-and-half

- ☐ 1 teaspoon kosher salt
- ☐ 1 pound leeks
- ☐ 7 cups lower-sodium chicken broth fat-free divided
- ☐ 1 tablespoon butter unsalted
- ☐ 0.8 cup rice wild uncooked

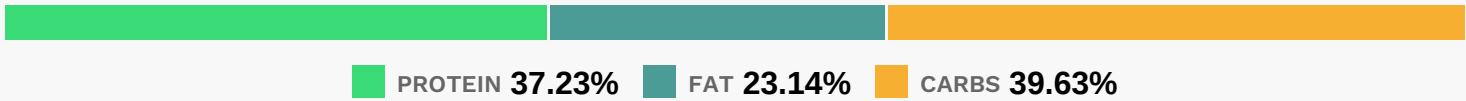
Equipment

- ☐ knife
- ☐ whisk
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Remove roots, outer leaves, and tops from leeks.
- ☐ Cut leeks in half lengthwise. Rinse thoroughly with cold water, and cut each half into 1/4-inch slices.
- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add leeks, celery, and mushrooms; saut 10 minutes or until tender. Stir in 6 cups broth.
- ☐ Add rice and next 3 ingredients (through pepper); bring to a boil. Cover, reduce heat, and simmer 45 to 55 minutes or until rice has "popped."
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1 cup broth, stirring with a whisk until smooth.
- ☐ Add broth mixture to soup. Cook over medium heat 2 minutes or until slightly thick, stirring constantly. Reduce heat to low; add chicken, half-and-half, wine, and mustard. Cook 2 minutes or just until thoroughly heated (do not boil).

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:12.42, Inflammation Score:-8, Nutrition Score:19.510434775249%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 290.79kcal (14.54%), Fat: 7.45g (11.47%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 28.72g (9.57%), Net Carbohydrates: 26.06g (9.48%), Sugar: 4.68g (5.2%), Cholesterol: 62.54mg (20.85%), Sodium: 779.49mg (33.89%), Alcohol: 0.58g (100%), Alcohol %: 0.17% (100%), Protein: 26.98g (53.95%), Vitamin B3: 10.9mg (54.52%), Selenium: 30.17µg (43.11%), Manganese: 0.63mg (31.57%), Vitamin K: 31.74µg (30.23%), Vitamin B6: 0.6mg (30.02%), Phosphorus: 299.82mg (29.98%), Potassium: 972.38mg (27.78%), Vitamin B2: 0.4mg (23.55%), Vitamin A: 1157.65IU (23.15%), Folate: 80.71µg (20.18%), Copper: 0.37mg (18.66%), Magnesium: 69.7mg (17.42%), Iron: 2.75mg (15.28%), Vitamin B5: 1.48mg (14.76%), Zinc: 2.13mg (14.2%), Vitamin B1: 0.2mg (13.43%), Fiber: 2.66g (10.64%), Calcium: 92.84mg (9.28%), Vitamin C: 7.41mg (8.98%), Vitamin E: 0.96mg (6.4%), Vitamin B12: 0.29µg (4.81%)