



My Favorite Chicken and Wild Rice Soup



Gluten Free



Dairy Free

READY IN



217 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 carrots chopped
- ☐ 2 stalks celery cut in half
- ☐ 3 pounds chicken pieces
- ☐ 6 servings parsley fresh chopped
- ☐ 5 cloves garlic crushed
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1 large onion whole peeled
- ☐ 6 ounce rice mix long grain wild (such as Uncle Ben's® Original)

- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

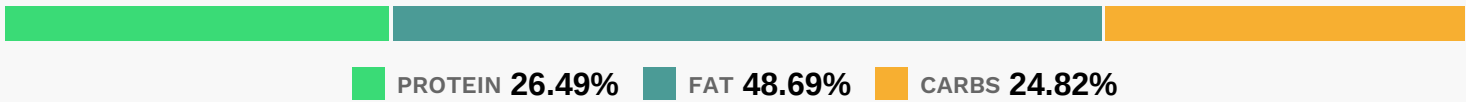
Equipment

- ☐ pot

Directions

- ☐ Heat oil in a large pot over medium heat; add the chicken, whole carrots, celery, and whole onion. Cook until the chicken is browned, about 10 minutes. Season with salt and pepper. Stir in the crushed garlic cloves, and cook until soft, about 1 to 2 minutes.
- ☐ Pour enough water into the pot to cover the chicken and vegetables. Simmer for 2 to 3 hours.
- ☐ Add water as necessary.
- ☐ While the soup is simmering, cook the rice according to package instructions. Refrigerate when done.
- ☐ Removed cooked chicken from the pot to cool. Strain the broth, discarding cooked vegetables. Shred chicken and return to the pot along with the broth; stir in chopped carrots and lemon juice. Bring soup to a simmer, and cook until the carrots are soft, about 10 minutes. Stir in the cooked rice and chopped parsley.
- ☐ Heat until hot, about 5 minutes. Season with additional salt and pepper, if needed.

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:15.46, Inflammation Score:-10, Nutrition Score:22.75130437768%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 9mg, Apigenin: 9mg, Apigenin: 9mg, Apigenin: 9mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 485.45kcal (24.27%), Fat: 25.85g (39.77%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 27.6g (10.04%), Sugar: 2.87g (3.19%), Cholesterol: 115.67mg (38.56%), Sodium: 338.58mg (14.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.3%), Vitamin A: 5709.02IU (114.18%), Vitamin K: 80.19µg (76.37%), Vitamin B3: 11.39mg (56.93%), Selenium: 27.06µg (38.66%), Vitamin B6: 0.7mg (35.23%), Phosphorus: 286.88mg (28.69%), Manganese: 0.48mg (23.82%), Vitamin B5: 1.87mg (18.74%), Vitamin C: 14.08mg (17.07%), Zinc: 2.54mg (16.91%), Potassium: 528.93mg (15.11%), Vitamin B2: 0.24mg (14.01%), Magnesium: 48.41mg (12.1%), Iron: 2.08mg (11.56%), Vitamin B1: 0.16mg (10.41%), Copper: 0.18mg (8.94%), Folate: 33.77µg (8.44%), Fiber: 2.06g (8.23%), Vitamin B12: 0.48µg (7.97%), Vitamin E: 0.96mg (6.39%), Calcium: 56.44mg (5.64%), Vitamin D: 0.31µg (2.06%)