



## Pan-Roasted Mushroom and Wild Rice Soup

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



314 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 6 ounce garlic-and-herb spreadable cheese wedges light (such as The Laughing Cow)
- 1 cup prechopped celery refrigerated
- 0.5 teaspoon thyme leaves dried
- 2 cups milk 1% low-fat
- 4 ounce gourmet-blend mushrooms fresh
- 1 tablespoon olive oil
- 2.8 ounce quick-cooking rice wild (such as Gourmet House)

0.3 teaspoon salt

## Equipment

sauce pan

## Directions

- Heat oil in a large saucepan over medium-high heat.
- Add mushrooms and celery mixture; cook 6 to 7 minutes or until vegetables are browned, stirring occasionally.
- While mushroom mixture cooks, prepare rice according to package directions, omitting salt and fat. Unwrap cheese; chop into bite-sized pieces.
- Add milk, cheese, thyme, pepper, and salt to mushroom mixture, stirring well; bring to a boil. Reduce heat; cook 3 minutes or until cheese melts and soup thickens. Stir in rice. Cook 1 minute or until heated.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:10.3743477075%

## Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 314.4kcal (15.72%), Fat: 19.75g (30.39%), Saturated Fat: 9.54g (59.6%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 26.61g (9.68%), Sugar: 6.77g (7.52%), Cholesterol: 52.12mg (17.37%), Sodium: 446.23mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Vitamin B1: 0.28mg (18.46%), Selenium: 12.48µg (17.83%), Vitamin B2: 0.3mg (17.64%), Folate: 70.25µg (17.56%), Phosphorus: 175.63mg (17.56%), Calcium: 167.51mg (16.75%), Manganese: 0.28mg (13.85%), Vitamin B3: 2.61mg (13.06%), Vitamin B12: 0.73µg (12.19%), Vitamin K: 12.2µg (11.61%), Potassium: 353.09mg (10.09%), Vitamin B5: 1mg (10%), Vitamin D: 1.35µg (9.03%), Iron: 1.62mg (9%), Vitamin B6: 0.14mg (7.21%), Vitamin A: 350.77IU (7.02%), Copper: 0.14mg (6.96%), Zinc: 0.98mg (6.52%), Magnesium: 22.92mg (5.73%), Fiber: 1.17g (4.67%), Vitamin E: 0.62mg (4.12%), Vitamin C: 1.44mg (1.75%)