



Quick Turkey-Wild Rice Soup

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz flavor pack from ramen long-grain wild
- 3 tablespoons butter
- 32 oz chicken broth (4 cups)
- 0.5 cup flour all-purpose
- 2 tablespoons onion instant chopped
- 2 cups soymilk
- 8 oz chicken breast meat fat-free 98% cubed (2 cups)
- 2 cups water

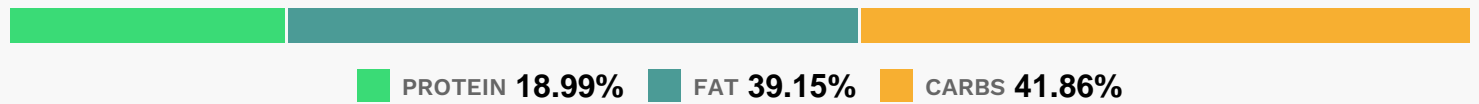
Equipment

- whisk
- dutch oven

Directions

- In 5-quart Dutch oven, melt butter over medium heat. Stir in flour with wire whisk until well blended. Slowly stir in broth with wire whisk. Stir in turkey, water, onion, rice and contents of seasoning packet.
- Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-low. Cover and simmer about 25 minutes or until rice is tender.
- Stir in soymilk; heat just to boiling.

Nutrition Facts



Properties

Glycemic Index:22.57, Glycemic Load:6.62, Inflammation Score:-6, Nutrition Score:14.027391269479%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 294.7kcal (14.73%), Fat: 12.78g (19.66%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 29.47g (10.72%), Sugar: 3.6g (4%), Cholesterol: 22.3mg (7.43%), Sodium: 1627.46mg (70.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Vitamin B3: 8.16mg (40.78%), Vitamin B1: 0.61mg (40.53%), Vitamin B2: 0.4mg (23.72%), Selenium: 13.98µg (19.98%), Folate: 78.49µg (19.62%), Vitamin B6: 0.39mg (19.27%), Vitamin E: 2.83mg (18.87%), Vitamin B12: 0.99µg (16.51%), Manganese: 0.3mg (15.17%), Phosphorus: 151.32mg (15.13%), Calcium: 135.64mg (13.56%), Iron: 2.29mg (12.75%), Vitamin A: 566.04IU (11.32%), Copper: 0.2mg (9.92%), Potassium: 345.61mg (9.87%), Vitamin C: 6.09mg (7.39%), Vitamin D: 0.98µg (6.55%), Zinc: 0.88mg (5.87%), Magnesium: 21.77mg (5.44%), Vitamin B5: 0.52mg (5.23%), Fiber: 1.28g (5.11%)