



Rice and Hot Dogs Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 tablespoons chicken soup base
- 1 tablespoon parsley dried
- 0.5 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 8 servings hot dogs thick sliced
- 1 onion chopped
- 1 tablespoon paprika
- 4 servings salt and pepper to taste

- 6 ounce tomato paste canned
- 1 tablespoon vegetable oil
- 4 servings water to cover
- 1.5 cups rice white uncooked

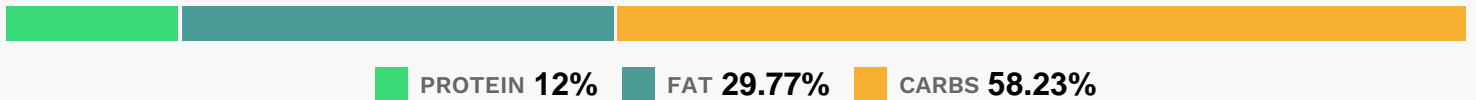
Equipment

- pot

Directions

- Heat the oil in a large pot over medium heat.
- Add the onion and saute for 5 minutes.
- Add the rice and saute for 1 more minute, or until onion is tender.
- Add the hot dogs and the tomato paste OR diced tomatoes. Cover mixture completely with water.
- Stir in the paprika, chicken bouillon granules, turmeric, cumin and parsley and season with salt and pepper to taste. Continue to cook over medium heat for 20 minutes, or until rice is completely cooked.

Nutrition Facts



Properties

Glycemic Index:44.8, Glycemic Load:39.53, Inflammation Score:-10, Nutrition Score:17.841304281484%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg, Isorhamnetin: 3.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 547.63kcal (27.38%), Fat: 18.15g (27.93%), Saturated Fat: 5.53g (34.59%), Carbohydrates: 79.89g (26.63%), Net Carbohydrates: 76.84g (27.94%), Sugar: 3.9g (4.34%), Cholesterol: 40.91mg (13.64%), Sodium: 1632.07mg (70.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.47g (32.94%), Manganese: 1.08mg (54.07%), Selenium: 35.81µg (51.16%), Vitamin B3: 5.35mg (26.75%), Iron: 4.18mg (23.21%), Vitamin B2: 0.36mg (21.43%), Vitamin B1: 0.32mg (21.42%), Phosphorus: 205.91mg (20.59%), Vitamin A: 966.85IU (19.34%), Zinc: 2.9mg (19.33%), Copper: 0.37mg (18.55%), Vitamin K: 16.97µg (16.16%), Folate: 63.38µg (15.85%), Vitamin B6: 0.31mg (15.54%), Vitamin B5: 1.39mg (13.91%), Potassium: 456.03mg (13.03%), Magnesium: 51.41mg (12.85%), Fiber: 3.05g (12.21%), Vitamin E: 1.48mg (9.89%), Calcium: 87.82mg (8.78%), Vitamin C: 6.86mg (8.32%), Vitamin B12: 0.48µg (7.96%)