



Roasted Chicken with Wild Rice Soup

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 0.5 teaspoon tarragon dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons cooking sherry dry
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 31.5 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves chopped

- ☐ 8 ounce mushrooms halved
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion red chopped
- ☐ 6 ounce rice mix long-grain wild (such as Uncle Ben's)
- ☐ 3 cups roasted chicken shredded skinless
- ☐ 2 cups water

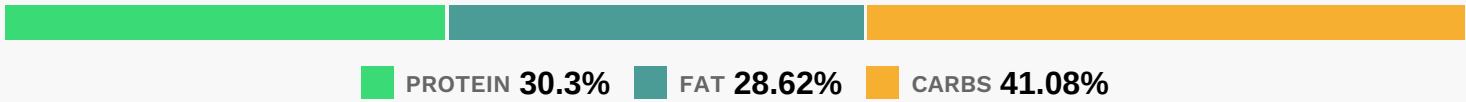
Equipment

- ☐ knife
- ☐ measuring cup
- ☐ dutch oven

Directions

- ☐ Prepare rice according to package directions; set aside.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add chopped onion and next 4 ingredients (onion through mushrooms), and saut for 6 minutes or until onion is tender. Lightly spoon the flour into a dry measuring cup, and level with a knife. Stir the flour, tarragon, and thyme into the onion mixture, and cook for 1 minute, stirring frequently.
- ☐ Add 2 cups water, sherry, broth, and evaporated milk; bring mixture to a boil. Reduce heat, and simmer for 20 minutes or until slightly thick. Stir in cooked rice and chicken; cook for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:47.98, Glycemic Load:11.85, Inflammation Score:-9, Nutrition Score:17.633913006472%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 286.35kcal (14.32%), Fat: 9.1g (14.01%), Saturated Fat: 3.22g (20.15%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 26.49g (9.63%), Sugar: 7.78g (8.65%), Cholesterol: 51.71mg (17.24%), Sodium: 569.73mg (24.77%), Alcohol: 0.39g (100%), Alcohol %: 0.13% (100%), Protein: 21.69g (43.38%), Vitamin A: 2863.95IU (57.28%), Vitamin B3: 7.78mg (38.92%), Phosphorus: 339.67mg (33.97%), Selenium: 21.24µg (30.34%), Vitamin B2: 0.45mg (26.57%), Manganese: 0.45mg (22.51%), Vitamin B6: 0.45mg (22.41%), Zinc: 2.72mg (18.14%), Magnesium: 71.36mg (17.84%), Potassium: 605.22mg (17.29%), Vitamin B5: 1.7mg (17.03%), Copper: 0.3mg (15.07%), Calcium: 150.39mg (15.04%), Folate: 53.08µg (13.27%), Fiber: 2.9g (11.62%), Vitamin B1: 0.17mg (11.17%), Iron: 1.86mg (10.33%), Vitamin K: 8.22µg (7.83%), Vitamin B12: 0.45µg (7.58%), Vitamin C: 5.27mg (6.39%), Vitamin E: 0.65mg (4.32%)