






 **34%**
HEALTH SCORE

Santa Fe Wild Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

727 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 0.3 cup carrots diced
- 43.5 ounce chicken broth canned
- 1 teaspoon chili powder
- 2 cups rice wild cooked
- 2 cups corn kernels frozen
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup to 2 chilies slit green chopped
- 0.1 teaspoon ground pepper

- 1 teaspoon ground cumin
- 0.3 cup onion diced
- 0.5 teaspoon oregano dried

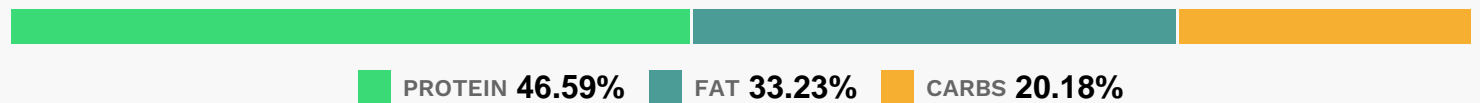
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan over medium heat, combine corn, onion, carrot and 1 can chicken broth and bring to a boil. Reduce heat and simmer 10 to 15 minutes or until onion is tender.
- Stir in remaining chicken broth, wild rice, green chili peppers, chili powder, cumin, oregano and cayenne pepper. Simmer, uncovered, about 5 minutes or until heated through.
- Top each bowl with fresh tomato salsa, sprinkle with cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:36.96, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:26.606521917426%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 727.06kcal (36.35%), Fat: 26.5g (40.76%), Saturated Fat: 7.21g (45.08%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 31.59g (11.49%), Sugar: 6g (6.67%), Cholesterol: 154.15mg (51.38%), Sodium: 1736.07mg (75.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 83.58g (167.17%), Selenium: 58.1µg (83%), Zinc: 9.17mg (61.14%), Phosphorus: 588.86mg (58.89%), Vitamin B12: 3.08µg (51.38%), Vitamin A: 2558.9IU (51.18%), Vitamin B3: 9.49mg (47.47%), Vitamin B6: 0.77mg (38.72%), Iron: 5.3mg (29.43%), Vitamin B2: 0.47mg (27.69%), Magnesium: 101.46mg (25.37%), Potassium: 739.98mg (21.14%), Manganese: 0.4mg (19.82%), Fiber: 4.61g (18.45%), Folate: 63.3µg (15.82%), Copper: 0.3mg (15.09%), Vitamin K: 11.43µg (10.89%), Vitamin E: 1.6mg (10.7%), Calcium: 65.13mg

(6.51%), Vitamin C: 5.3mg (6.42%), Vitamin B1: 0.09mg (6.08%), Vitamin B5: 0.47mg (4.7%), Vitamin D: 0.31µg (2.06%)