



Savory Curried Chicken, Wild Rice, and Apple Soup

 **Gluten Free**

READY IN



55 min.

SERVINGS



8

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored chopped
- ☐ 3 tablespoons butter
- ☐ 28 ounce canned tomatoes chopped canned
- ☐ 3 stalks celery finely chopped
- ☐ 8 cups chicken stock see
- ☐ 4 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 cups rice wild cooked

- ☐ 2 tablespoons madras curry powder
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic minced to taste
- ☐ 1 cup golden raisins
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mango chutney
- ☐ 3 tablespoons olive oil
- ☐ 2 onions finely chopped
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup slivered almonds

Equipment

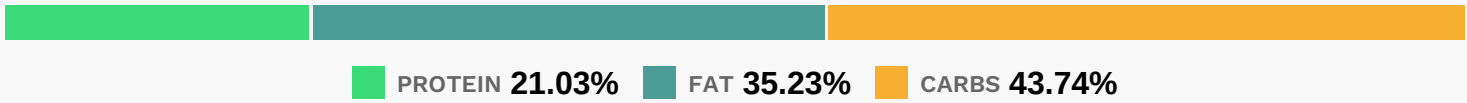
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Spread almonds onto a baking sheet with edges.
- ☐ Toast almonds in preheated oven, stirring every 2 minutes, until lightly browned, 5 to 10 minutes; transfer to a large bowl.
- ☐ Add chicken and mango chutney to the bowl; stir.
- ☐ Melt butter with olive oil in a large stock pot or Dutch oven over medium-high heat. Cook and stir onion, celery, and garlic in melted butter until onions begin to soften, about 5 minutes.
- ☐ Add tomatoes with juice and raisins; continue to cook, stirring frequently, until the raisins plump, about 10 minutes. Season the mixture with curry powder and cayenne pepper; stir.

Pour chicken stock into the pot; add the chicken mixture, wild rice, apples, parsley, and lemon juice. Bring the mixture to a boil, reduce heat to medium-low, and simmer until the apples are tender yet retain some crispiness, about 5 minutes. Season soup with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:18.18, Inflammation Score:-8, Nutrition Score:19.837391158809%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg, Apigenin: 4.47mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg, Isorhamnetin: 1.56mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 526.67kcal (26.33%), Fat: 21.01g (32.33%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 58.69g (19.56%), Net Carbohydrates: 53.74g (19.54%), Sugar: 31.69g (35.21%), Cholesterol: 70.99mg (23.66%), Sodium: 649.26mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.22g (56.44%), Vitamin B3: 10.51mg (52.56%), Vitamin K: 42.67µg (40.64%), Selenium: 24.33µg (34.76%), Vitamin B6: 0.66mg (32.99%), Phosphorus: 316.54mg (31.65%), Vitamin B2: 0.51mg (29.9%), Manganese: 0.5mg (25.06%), Potassium: 827.11mg (23.63%), Vitamin E: 3.32mg (22.14%), Copper: 0.42mg (21.17%), Fiber: 4.95g (19.81%), Magnesium: 74.97mg (18.74%), Iron: 3.04mg (16.88%), Zinc: 2.42mg (16.12%), Vitamin C: 12.04mg (14.59%), Vitamin B1: 0.2mg (13.33%), Folate: 50.17µg (12.54%), Vitamin B5: 0.93mg (9.28%), Vitamin A: 459.94IU (9.2%), Calcium: 77.44mg (7.74%), Vitamin B12: 0.21µg (3.53%)