

 2%
HEALTH SCORE

Sherried Wild Rice Soup

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



251 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 pound bacon diced
- 1 cup sherry dry
- 6 cups fat-skimmed beef broth
- 1 teaspoon thyme sprigs dried fresh
- 1 cup onion diced
- 2 baking potatoes (1 lb. total)
- 10 servings salt and pepper
- 1 cup whipping cream

1 cup rice wild

Equipment

bowl

frying pan

paper towels

ladle

slotted spoon

Directions

In a 4- to 5-quart pan over high heat, stir bacon frequently until crisp, about 5 minutes. With a slotted spoon, transfer bacon to paper towels to drain. Discard drippings from pan or save for other uses.

Meanwhile, scrub and peel potatoes.

Cut into 1/2-inch chunks.

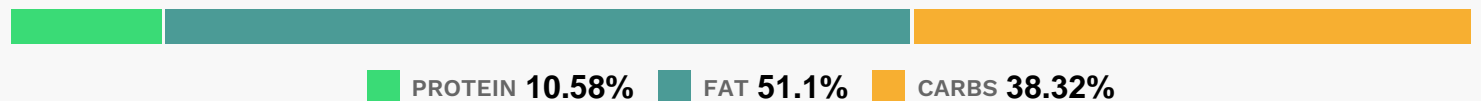
In same pan, combine potatoes, rice, onion, 4 cups broth, and thyme. Bring to a boil over high heat; reduce heat, cover, and simmer until rice is tender to bite, 1 to 1 1/4 hours.

Add remaining 2 cups broth, sherry, and whipping cream. Bring to a boil over high heat, mashing any potato chunks against the side of the pan with a spoon. Reduce heat and simmer to blend flavors, stirring occasionally, about 10 minutes.

Ladle soup into bowls. Top equally with cooked bacon.

Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:22.77, Glycemic Load:12.64, Inflammation Score:-6, Nutrition Score:7.9234782664672%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg 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: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg, Quercetin: 3.26mg

Nutrients (% of daily need)

Calories: 250.71kcal (12.54%), Fat: 13.55g (20.85%), Saturated Fat: 7.03g (43.91%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 21.02g (7.64%), Sugar: 2.47g (2.75%), Cholesterol: 34.38mg (11.46%), Sodium: 837.45mg (36.41%), Alcohol: 2.47g (100%), Alcohol %: 1.16% (100%), Protein: 6.31g (12.63%), Manganese: 0.35mg (17.43%), Vitamin B6: 0.3mg (14.95%), Phosphorus: 147mg (14.7%), Vitamin B3: 2.8mg (13.99%), Magnesium: 46.83mg (11.71%), Potassium: 373.54mg (10.67%), Selenium: 6.71µg (9.59%), Zinc: 1.36mg (9.04%), Vitamin B2: 0.15mg (8.67%), Copper: 0.17mg (8.47%), Fiber: 1.85g (7.38%), Vitamin A: 367.34IU (7.35%), Vitamin B1: 0.11mg (7.17%), Folate: 26.85µg (6.71%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.37µg (6.12%), Iron: 1.08mg (5.98%), Vitamin C: 4.08mg (4.94%), Calcium: 37.39mg (3.74%), Vitamin D: 0.43µg (2.84%), Vitamin E: 0.41mg (2.71%), Vitamin K: 1.99µg (1.9%)