



Slow-Cooker Confetti Wild Rice Soup

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

READY IN



500 min.

SERVINGS



6

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup rice wild rinsed uncooked drained
- 0.5 cup onion chopped (1 medium)
- 5.3 cups chicken broth (from two 32-oz cartons)
- 1 cup carrots thinly sliced
- 0.5 teaspoon marjoram dried
- 0.1 teaspoon pepper
- 2 chicken breast boneless skinless cut into 1/2-inch pieces
- 1.5 cups corn frozen thawed drained

1 cup broccoli frozen thawed drained

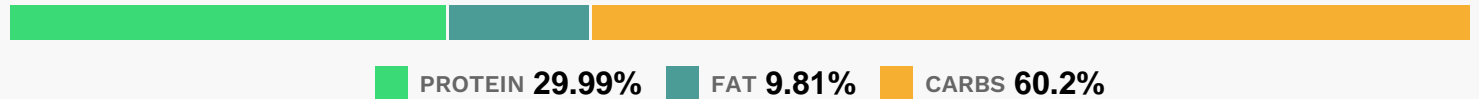
Equipment

slow cooker

Directions

- In 3- to 4-quart slow cooker, mix all ingredients except thawed vegetables.
- Cover; cook on Low heat setting 8 to 9 hours.
- About 5 minutes before serving, stir in thawed vegetables. Increase heat setting to High; cover and cook 5 minutes longer or until vegetables are crisp-tender.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:7.99, Inflammation Score:-10, Nutrition Score:16.043913011966%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 178.36kcal (8.92%), Fat: 2.04g (3.14%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 24.73g (8.99%), Sugar: 3.16g (3.51%), Cholesterol: 28.22mg (9.41%), Sodium: 829.98mg (36.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.05g (28.1%), Vitamin A: 3676.93IU (73.54%), Vitamin B3: 6.59mg (32.95%), Vitamin B6: 0.5mg (24.84%), Manganese: 0.49mg (24.3%), Vitamin C: 18.75mg (22.73%), Phosphorus: 221.29mg (22.13%), Selenium: 14.16µg (20.23%), Vitamin K: 18.36µg (17.49%), Vitamin B2: 0.28mg (16.18%), Magnesium: 63.59mg (15.9%), Potassium: 508.33mg (14.52%), Fiber: 3.48g (13.91%), Folate: 50.75µg (12.69%), Zinc: 1.85mg (12.3%), Vitamin B1: 0.16mg (10.73%), Vitamin B5: 1.03mg (10.26%), Copper: 0.18mg (8.89%), Iron: 1.12mg (6.23%), Vitamin E: 0.56mg (3.72%), Calcium: 32.84mg (3.28%), Vitamin B12: 0.12µg (1.94%)