



Slow-Cooker Creamy Chicken and Wild Rice Soup

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

READY IN



465 min.

SERVINGS



8

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken thighs boneless skinless cut into 1-inch pieces (5 thighs)
- 0.5 cup rice wild uncooked
- 0.3 cup onion fresh chopped
- 21.5 oz condensed cream of potato soup canned
- 14 oz chicken broth canned
- 2 cups carrots frozen sliced
- 1 cup frangelico

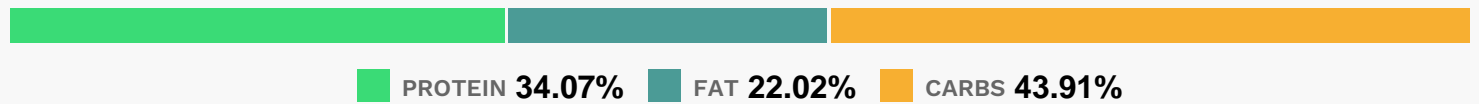
Equipment

- bowl
- slow cooker

Directions

- Place chicken in 3 1/2- to 4-quart slow cooker. In large bowl, mix wild rice, onions, soup, broth and carrots; pour over chicken.
- Cover; cook on Low heat setting 7 to 8 hours.
- Stir in half-and-half. Increase heat setting to High. Cover; cook 15 to 30 minutes longer or until hot.

Nutrition Facts



Properties

Glycemic Index:16.23, Glycemic Load:4.97, Inflammation Score:-10, Nutrition Score:14.122608630554%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg 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: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 166.22kcal (8.31%), Fat: 4.06g (6.24%), Saturated Fat: 1.36g (8.48%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.3g (5.93%), Sugar: 3.48g (3.87%), Cholesterol: 58.67mg (19.56%), Sodium: 718.45mg (31.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.24%), Vitamin A: 5414.33IU (108.29%), Vitamin B3: 4.6mg (22.98%), Manganese: 0.45mg (22.28%), Selenium: 14.8µg (21.14%), Phosphorus: 192.15mg (19.22%), Vitamin B6: 0.36mg (18.22%), Vitamin B5: 1.42mg (14.19%), Zinc: 1.96mg (13.06%), Copper: 0.26mg (13.02%), Vitamin B2: 0.2mg (11.64%), Potassium: 383.29mg (10.95%), Magnesium: 36.34mg (9.08%), Vitamin B1: 0.12mg (7.85%), Fiber: 1.91g (7.62%), Vitamin B12: 0.4µg (6.72%), Vitamin K: 6.92µg (6.59%), Iron: 1.08mg (6%), Folate: 20.32µg (5.08%), Calcium: 33.09mg (3.31%), Vitamin E: 0.47mg (3.13%), Vitamin C: 2.26mg (2.74%)