



Slow-Cooker Creamy Ham and Wild Rice Soup



Gluten Free



Dairy Free

READY IN



450 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups finely-chopped ham diced cooked
- ☐ 1 cup carrots (matchstick-cut)
- ☐ 0.8 cup rice wild uncooked
- ☐ 0.5 cup onion chopped
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 10.8 oz campbell's® condensed cream of celery soup reduced-sodium canned
- ☐ 0.3 teaspoon pepper
- ☐ 3 cups water

- ☐ 0.3 cup almonds sliced
- ☐ 2 tablespoons sherry dry
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 cup frangelico

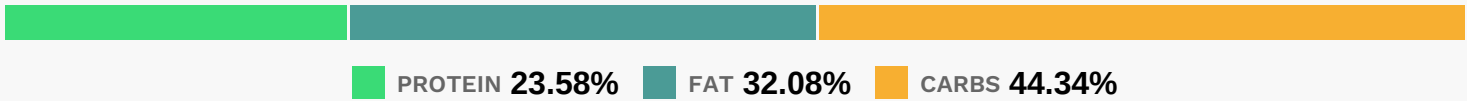
Equipment

- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In cooker, mix all ingredients except half-and-half, almonds, sherry and parsley.
- ☐ Cover; cook on Low heat setting 7 to 8 hours.
- ☐ Stir in remaining ingredients. Increase heat setting to High. Cover; cook 10 to 15 minutes longer or until hot.

Nutrition Facts



Properties

Glycemic Index:36.47, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:17.458261075227%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg, Isorhamnetin: 0.77mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 209.69kcal (10.48%), Fat: 7.5g (11.53%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 20.36g (7.4%), Sugar: 3.29g (3.66%), Cholesterol: 34.45mg (11.48%), Sodium: 975.7mg (42.42%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 12.4g (24.79%), Vitamin A: 3923.71IU (78.47%), Vitamin K: 53.14µg (50.61%), Manganese: 0.57mg (28.62%), Phosphorus: 246.82mg (24.68%), Vitamin B1: 0.28mg (18.62%), Vitamin C: 14.45mg (17.51%), Vitamin B3: 3.37mg (16.86%), Magnesium: 63.85mg (15.96%), Zinc: 2.38mg (15.87%), Vitamin B2: 0.27mg (15.61%), Copper: 0.29mg (14.68%), Vitamin E: 2.04mg (13.61%), Selenium: 9.46µg (13.52%), Fiber: 2.95g (11.81%), Vitamin B6: 0.24mg (11.77%), Vitamin B5: 1.12mg (11.23%), Potassium: 387.7mg (11.08%), Vitamin B12: 0.57µg (9.42%), Folate: 33.28µg (8.32%), Iron: 1.42mg (7.92%), Calcium: 53.69mg (5.37%)