



## Slow-Cooker Creamy Ham and Wild Rice Soup

 Gluten Free

READY IN



450 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup almonds sliced
- 1 cup carrots (matchstick-cut)
- 1.8 cups chicken broth progresso® (from 32-oz carton)
- 10.8 oz campbell's® condensed cream of celery soup reduced-sodium canned
- 2 cups finely-chopped ham diced cooked
- 2 tablespoons sherry dry
- 0.3 cup parsley fresh chopped
- 1 cup half and half

- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 3 cups water
- 0.8 cup rice wild uncooked

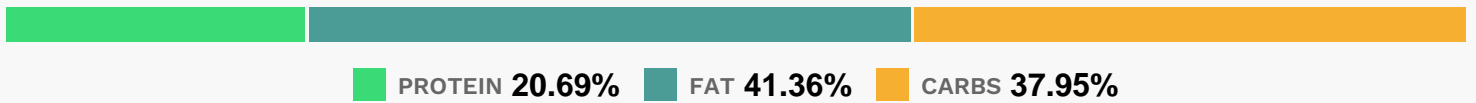
## Equipment

- 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:18.663043478261%

## 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: 262.53kcal (13.13%), Fat: 12.13g (18.67%), Saturated Fat: 4.25g (26.55%), Carbohydrates: 25.05g (8.35%), Net Carbohydrates: 22.09g (8.03%), Sugar: 4.96g (5.51%), Cholesterol: 48.57mg (16.19%), Sodium: 1000.31mg (43.49%), Alcohol: 0.51g (100%), Alcohol %: 0.17% (100%), Protein: 13.66g (27.32%), Vitamin A: 4066.49IU (81.33%), Vitamin K: 53.67µg (51.11%), Manganese: 0.57mg (28.64%), Phosphorus: 285.14mg (28.51%), Vitamin B2: 0.34mg (20.21%), Vitamin B1: 0.29mg (19.42%), Vitamin C: 14.81mg (17.95%), Vitamin B3: 3.42mg (17.08%), Magnesium: 67.89mg (16.97%), Zinc: 2.54mg (16.91%), Selenium: 10.75µg (15.36%), Copper: 0.3mg (14.86%), Vitamin E: 2.14mg (14.28%), Vitamin B6: 0.26mg (12.78%), Potassium: 440.94mg (12.6%), Vitamin B5: 1.24mg (12.4%), Fiber: 2.95g (11.81%), Vitamin B12: 0.64µg (10.7%), Calcium: 96.85mg (9.68%), Folate: 34.49µg (8.62%), Iron: 1.45mg (8.03%)