



## Slow-Cooker Ham and Wild Rice Soup

 Gluten Free

READY IN



565 min.

SERVINGS



8

CALORIES



177 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.8 cups chicken broth progresso® (from 32-ounce carton)
- 10.8 ounces campbell's® condensed cream of celery soup reduced-sodium canned
- 2 cups finely-chopped ham diced cooked
- 0.5 cup half and half
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 12 oz savory vegetable mixed fresh green frozen thawed giant® steamers®
- 3 cups water

0.8 cup rice wild uncooked

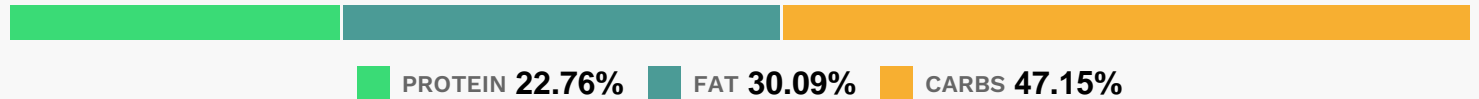
## Equipment

slow cooker

## Directions

- Mix all ingredients except half-and-half in 3 1/2- to 4-quart slow cooker.
- Cover and cook on Low heat setting 8 to 9 hours.
- Stir in half-and-half. Increase heat setting to High. Cover and cook 10 to 15 minutes or until hot.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:7.8, Inflammation Score:-9, Nutrition Score:11.80956525388%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 177.34kcal (8.87%), Fat: 6.09g (9.38%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 21.49g (7.16%), Net Carbohydrates: 18.44g (6.71%), Sugar: 2.16g (2.4%), Cholesterol: 31.13mg (10.38%), Sodium: 748.68mg (32.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Vitamin A: 2324.77IU (46.5%), Manganese: 0.44mg (21.86%), Phosphorus: 203.38mg (20.34%), Vitamin B1: 0.25mg (16.51%), Vitamin C: 11.96mg (14.49%), Vitamin B3: 2.79mg (13.94%), Vitamin B2: 0.22mg (12.94%), Zinc: 1.88mg (12.55%), Fiber: 3.05g (12.18%), Magnesium: 48.61mg (12.15%), Copper: 0.22mg (11.07%), Selenium: 7.61µg (10.87%), Vitamin B6: 0.2mg (9.77%), Potassium: 315.57mg (9.02%), Vitamin B5: 0.89mg (8.89%), Folate: 30.56µg (7.64%), Vitamin B12: 0.45µg (7.54%), Vitamin K: 7.18µg (6.83%), Iron: 1.2mg (6.66%), Calcium: 51.14mg (5.11%), Vitamin E: 0.71mg (4.76%)