



Slow-Cooker North Woods Wild Rice Soup

READY IN



400 min.

SERVINGS



6

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons vegetable oil
- 0.5 cup onion chopped
- 1 cup celery stalks diced
- 1 cup carrots diced
- 6 ounces turkey smoked diced
- 0.5 cup rice wild uncooked
- 1 teaspoon tarragon dried
- 0.3 teaspoon pepper
- 3.5 cups chicken broth (from 32-ounce carton)

- 12 ounces evaporated milk fat-free canned
- 0.3 cup flour all-purpose
- 1 cup peas sweet frozen thawed
- 2 tablespoons sherry dry

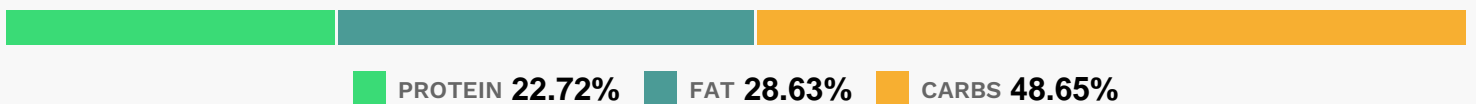
Equipment

- frying pan
- slow cooker

Directions

- In 10-inch skillet, heat oil over medium heat. Cook onion in oil about 4 minutes, stirring occasionally, until tender.
- Place onion, celery, carrots, turkey, wild rice, tarragon and pepper in 3 1/2- to 4-quart slow cooker.
- Pour broth over top.
- Cover and cook on low heat setting 6 to 8 hours or until wild rice and vegetables are tender. Stir in peas last 15 minutes of cooking.
- Mix milk and flour; stir into soup. Cover and cook about 20 minutes or until thickened.

Nutrition Facts



Properties

Glycemic Index:66.36, Glycemic Load:11.05, Inflammation Score:-10, Nutrition Score:16.707391417545%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 240.59kcal (12.03%), Fat: 7.64g (11.75%), Saturated Fat: 3.22g (20.12%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 25.67g (9.33%), Sugar: 9.87g (10.96%), Cholesterol: 33.68mg (11.23%), Sodium: 622.7mg (27.07%), Alcohol: 0.51g (100%), Alcohol %: 0.21% (100%), Protein: 13.63g (27.27%), Vitamin A: 3991.18IU (79.82%), Phosphorus: 266.2mg (26.62%), Vitamin B2: 0.43mg (25.26%), Manganese: 0.5mg (25.03%), Vitamin B3: 4.07mg (20.37%), Calcium: 187.02mg (18.7%), Vitamin C: 13.68mg (16.58%), Vitamin K: 17.32µg (16.5%), Vitamin B6: 0.31mg (15.68%), Folate: 60.65µg (15.16%), Magnesium: 60.66mg (15.16%), Vitamin B1: 0.22mg (14.94%), Potassium: 511.11mg (14.6%), Zinc: 2.15mg (14.33%), Fiber: 3.53g (14.12%), Selenium: 9.48µg (13.54%), Copper: 0.19mg (9.59%), Iron: 1.57mg (8.73%), Vitamin B5: 0.86mg (8.56%), Vitamin B12: 0.36µg (6.06%), Vitamin E: 0.62mg (4.14%)