



Slow-Cooker Wild Rice and Mushroom Soup

 Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb mushrooms whole halved
- 0.5 cup eggs wild uncooked (not cracked or broken)
- 1 medium stalk celery cut into 1/2-inch pieces
- 2 medium carrots cut into 1/2-inch pieces
- 1 envelope onion soup mix (from 1.8-oz. pkg.)
- 1 tablespoon sugar
- 1 cup water
- 32 oz beef broth

1 cup peas sweet frozen thawed

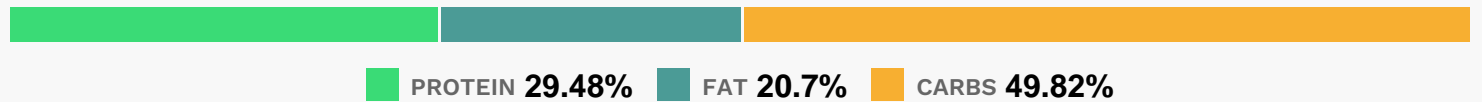
Equipment

slow cooker

Directions

- In 3 to 4-quart slow cooker, layer mushrooms, rice, celery, carrots, soup mix and sugar.
- Pour water and broth over top.
- Cover; cook on Low setting for 6 to 8 hours.
- About 10 minutes before serving, gently stir thawed peas into soup. Cover; cook an additional 10 minutes or until peas are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:37.54, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:14.78000023054%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 112.25kcal (5.61%), Fat: 2.7g (4.16%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 11.38g (4.14%), Sugar: 6.3g (7%), Cholesterol: 75.33mg (25.11%), Sodium: 1152.95mg (50.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.31%), Vitamin A: 3722.04IU (74.44%), Vitamin B2: 0.49mg (29.08%), Vitamin B3: 4.75mg (23.74%), Selenium: 15.13µg (21.62%), Phosphorus: 173.65mg (17.36%), Copper: 0.34mg (16.95%), Vitamin B5: 1.63mg (16.26%), Vitamin C: 12.89mg (15.62%), Potassium: 539.47mg (15.41%), Fiber: 3.25g (13%), Vitamin B6: 0.24mg (12.04%), Folate: 47.36µg (11.84%), Manganese: 0.24mg (11.79%), Vitamin B1: 0.17mg (11.34%), Vitamin K: 10.78µg (10.27%), Iron: 1.5mg (8.35%), Zinc: 1.09mg (7.27%), Magnesium: 27.8mg (6.95%), Vitamin B12: 0.32µg (5.27%), Calcium: 48.83mg (4.88%), Vitamin D: 0.56µg (3.71%), Vitamin E: 0.41mg (2.75%)