



Slow-Simmered Chicken Rice Soup

 Gluten Free

READY IN



445 min.

SERVINGS



8

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 stalks celery coarsely chopped
- 5.3 cups chicken broth organic swanson® (regular, Natural or Certified)
- 0.3 teaspoon pepper red crushed
- 8 servings green onion chopped
- 1 medium onion chopped
- 0.5 cup regular rice long-grain white uncooked
- 1 pound chicken breast boneless skinless cut into cubes
- 8 servings cup heavy whipping cream sour

- 2 teaspoons thyme leaves dried crushed
- 1 tablespoon vegetable oil
- 0.5 cup rice wild uncooked

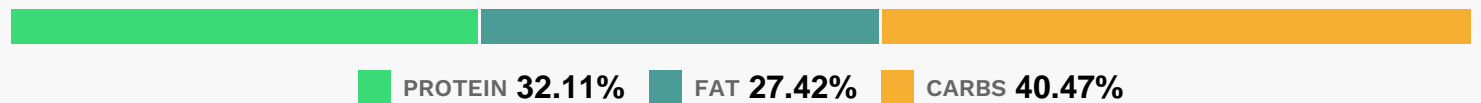
Equipment

- slow cooker

Directions

- Stir the wild rice, white rice and oil in a 3 1/2-quart slow cooker. Cover and cook on HIGH for 15 minutes.
- Add the broth, thyme, red pepper, celery, onion and chicken to the cooker. Turn the heat to LOW. Cover and cook for 7 to 8 hours (or on HIGH for 4 to 5 hours) or until the chicken is cooked through.
- Serve with the sour cream and green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:31.65, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:11.068260975506%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 200.08kcal (10%), Fat: 6.06g (9.33%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 20.14g (6.71%), Net Carbohydrates: 18.73g (6.81%), Sugar: 2.2g (2.44%), Cholesterol: 46.45mg (15.48%), Sodium: 653.5mg (28.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.98g (31.96%), Vitamin B3: 7.22mg (36.08%), Selenium: 21.39µg (30.55%), Vitamin B6: 0.52mg (25.91%), Phosphorus: 200.28mg (20.03%), Manganese: 0.39mg (19.34%), Vitamin K: 19.09µg (18.18%), Vitamin B2: 0.22mg (12.76%), Vitamin B5: 1.14mg (11.35%), Potassium: 375.44mg (10.73%), Magnesium: 42.64mg (10.66%), Zinc: 1.27mg (8.47%), Vitamin B1: 0.1mg (6.85%), Copper: 0.14mg (6.78%), Folate: 23.71µg (5.93%), Fiber: 1.41g (5.65%), Vitamin C: 4.04mg (4.9%), Vitamin A: 244.04IU (4.88%), Iron: 0.85mg

(4.73%), Calcium: 40.17mg (4.02%), Vitamin E: 0.54mg (3.57%), Vitamin B12: 0.17µg (2.82%)