



Sorrel-and-Rice Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



164 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 1.5 cups yogurt plain low-fat
- ☐ 31.5 ounce low-salt chicken broth canned
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 3 cups sorrel leaves thinly sliced

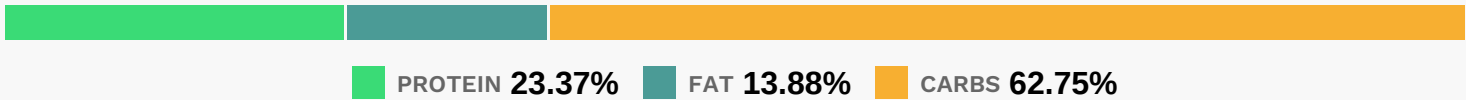
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Bring broth to a boil in a large saucepan.
- ☐ Add onion, rice, and garlic. Cover; reduce heat to low. Simmer 20 minutes or until rice is tender, stirring occasionally.
- ☐ Add sorrel, salt, and pepper; cook, uncovered, 1 minute or until sorrel wilts.
- ☐ Place yogurt in a bowl. Gradually add 3/4 cup broth mixture to yogurt, stirring constantly with a whisk. Stir yogurt mixture into remaining broth mixture in pan, and cook over low heat 1 minute or until thoroughly heated (do not boil). Ladle soup into bowls, and sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:30.04, Glycemic Load:9.69, Inflammation Score:-7, Nutrition Score:9.4373913446198%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg, Quercetin: 6.52mg

Nutrients (% of daily need)

Calories: 164.45kcal (8.22%), Fat: 2.58g (3.98%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 25.2g (9.16%), Sugar: 6.8g (7.55%), Cholesterol: 4.41mg (1.47%), Sodium: 224.93mg (9.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin C: 17.73mg (21.49%), Phosphorus:

191.97mg (19.2%), Calcium: 156.88mg (15.69%), Vitamin A: 758.78IU (15.18%), Folate: 60.7µg (15.17%), Vitamin B3: 2.87mg (14.37%), Manganese: 0.28mg (13.93%), Vitamin B2: 0.23mg (13.53%), Magnesium: 53.48mg (13.37%), Potassium: 399.75mg (11.42%), Vitamin B12: 0.59µg (9.84%), Copper: 0.16mg (7.94%), Selenium: 5.55µg (7.94%), Iron: 1.4mg (7.78%), Zinc: 1.1mg (7.36%), Vitamin B6: 0.14mg (6.89%), Vitamin B5: 0.67mg (6.7%), Fiber: 1.08g (4.3%), Vitamin B1: 0.06mg (4.17%)