



Turkey and Wild Rice Soup

READY IN



40 min.

SERVINGS



10

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 tablespoons soybean oil
- 0.5 cup flour all-purpose
- 2 cups water
- 2 cups turkey cooked
- 3.5 cups chicken broth (from 32 oz carton)
- 4.5 oz mushrooms drained sliced
- 2 tablespoons onion instant chopped
- 6 ounces cooking spoons of blended tatashe-pepper mix long-grain wild

- 2 cups soymilk fat-free (skim)
- 0.3 cup slivered almonds toasted

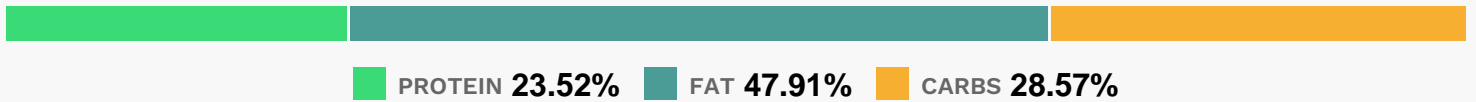
Equipment

- whisk
- dutch oven

Directions

- Melt butter in 5-quart Dutch oven over medium heat. Stir in oil and flour with wire whisk until well blended. Stir in water, turkey, water, broth, mushrooms, onion, rice and rice seasoning packet.
- Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-low. Cover and simmer about 25 minutes or until rice is tender.
- Stir in soy milk; heat just to boiling.
- Remove from heat.
- Sprinkle each serving with almonds.

Nutrition Facts



Properties

Glycemic Index:27.24, Glycemic Load:4.81, Inflammation Score:-7, Nutrition Score:9.571304300557%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 141.16kcal (7.06%), Fat: 7.63g (11.74%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 8.7g (3.16%), Sugar: 2.03g (2.26%), Cholesterol: 18.97mg (6.32%), Sodium: 371.25mg (16.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin B3: 4.39mg (21.97%), Vitamin A: 1097.08IU (21.94%), Vitamin B2: 0.31mg (18.1%), Vitamin E: 2.19mg (14.61%), Vitamin B6: 0.27mg (13.38%), Selenium: 9.16µg (13.08%), Vitamin B12: 0.78µg (12.94%), Manganese: 0.19mg (9.73%), Vitamin B1: 0.14mg (9.52%), Copper: 0.19mg (9.36%), Folate: 36.64µg (9.16%), Calcium: 86.61mg (8.66%), Phosphorus: 81.33mg (8.13%), Vitamin C: 5.58mg (6.77%), Potassium: 232.25mg (6.64%), Fiber: 1.54g (6.15%), Iron: 1.08mg (6%), Zinc: 0.81mg (5.37%), Magnesium: 20.39mg (5.1%), Vitamin K: 5.13µg (4.88%), Vitamin D: 0.65µg (4.34%), Vitamin B5: 0.43mg (4.31%)