



## Wild Rice And Chicken Soup

READY IN



45 min.

SERVINGS



6

CALORIES



872 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup butter
- 31.5 ounce chicken broth canned
- 2 cups chicken meat cubed cooked
- 0.8 cup flour all-purpose
- 0.5 cup green onions chopped
- 0.3 teaspoon ground pepper black
- 2 cups heavy cream
- 4 ounce pimento peppers drained sliced
- 0.5 teaspoon poultry seasoning

- 0.8 teaspoon salt
- 2 cups water
- 0.5 cup rice wild

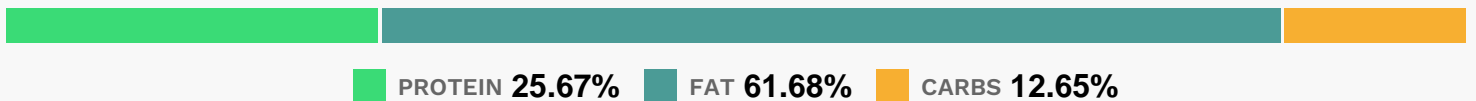
## Equipment

- sauce pan
- pot

## Directions

- Combine the broth, water, and rice in a large soup pot, and bring to a boil. Reduce heat, and cover. Simmer for 35 to 40 minutes, until rice is tender.
- Saute onions in butter or margarine in a medium saucepan, over low heat. Stir in flour, salt, poultry seasoning, and pepper. Cook, stirring constantly, until mixture is bubbly and thick. Stir in cream. Cook for 6 minutes, or until mixture thickens slightly, stirring constantly. Stir into broth.
- Add cubed chicken and pimientos.
- Heat through.

## Nutrition Facts



## Properties

Glycemic Index:48.33, Glycemic Load:14.23, Inflammation Score:-9, Nutrition Score:24.07434786921%

## Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 871.8kcal (43.59%), Fat: 59.53g (91.58%), Saturated Fat: 32.23g (201.43%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 25.53g (9.28%), Sugar: 3.53g (3.92%), Cholesterol: 239.74mg (79.91%), Sodium: 1195.92mg (52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.75g (111.5%), Selenium: 47.21µg (67.44%), Vitamin A: 2513.74IU (50.27%), Vitamin B3: 9.32mg (46.6%), Phosphorus: 449.95mg (44.99%), Zinc: 5.63mg (37.55%), Vitamin B6: 0.62mg (30.93%), Vitamin B2: 0.51mg (29.77%), Vitamin B12: 1.78µg (29.71%), Vitamin K: 28.24µg (26.9%),

Vitamin C: 21.72mg (26.33%), Iron: 4.15mg (23.06%), Magnesium: 75.35mg (18.84%), Manganese: 0.35mg (17.3%), Potassium: 549.93mg (15.71%), Folate: 57.21µg (14.3%), Vitamin E: 1.97mg (13.14%), Vitamin B1: 0.19mg (12.85%), Copper: 0.24mg (11.79%), Calcium: 100.38mg (10.04%), Vitamin D: 1.42µg (9.45%), Vitamin B5: 0.9mg (8.98%), Fiber: 1.94g (7.76%)