



Wild Rice and Mushroom Soup with Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup matchstick-cut carrots
- 0.1 teaspoon pepper black
- 1 teaspoon bottled garlic minced
- 1 teaspoon butter
- 2 cups chicken breast shredded cooked
- 0.5 teaspoon thyme leaves dried
- 4 cups less-sodium chicken broth fat-free divided
- 8 ounce pre exotic mushroom blend (such as shiitake, cremini, and oyster)

- 1 tablespoon olive oil
- 0.5 cup prechopped onion
- 2.8 ounce quick-cooking rice wild (such as Gourmet House)
- 0.5 cup bell pepper red chopped
- 0.1 teaspoon salt

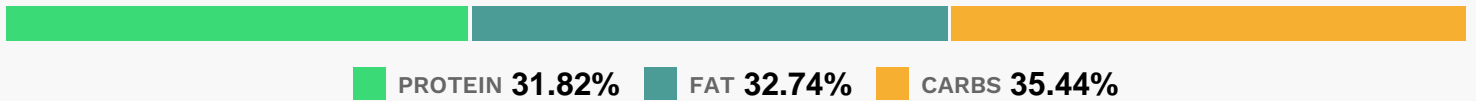
Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Bring 1 1/3 cups broth to a boil in a medium saucepan; add rice to pan. Cover, reduce heat, and simmer 5 minutes or until liquid is absorbed. Set aside.
- Heat oil in a Dutch oven over medium-high heat.
- Add onion and next 4 ingredients (through thyme) to pan; saut 3 minutes, stirring occasionally. Stir in butter and mushrooms; saut 3 minutes or until lightly browned.
- Add remaining 2 2/3 cups broth, rice, chicken, salt, and pepper to pan; cook 3 minutes or until thoroughly heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:1.55, Inflammation Score:-9, Nutrition Score:19.008695550587%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 278.16kcal (13.91%), Fat: 10.11g (15.55%), Saturated Fat: 2.45g (15.31%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 21.7g (7.89%), Sugar: 3.85g (4.28%), Cholesterol: 55.19mg (18.4%), Sodium: 1078.92mg (46.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.11g (44.22%), Vitamin B3: 10.63mg (53.14%), Selenium: 33.11µg (47.3%), Vitamin A: 2119.62IU (42.39%), Vitamin C: 26.05mg (31.58%), Vitamin B6: 0.61mg (30.72%), Phosphorus: 262.06mg (26.21%), Manganese: 0.46mg (23.05%), Folate: 82.41µg (20.6%), Vitamin B5: 2.02mg (20.24%), Vitamin B1: 0.27mg (18.27%), Vitamin B2: 0.31mg (18.03%), Iron: 3.04mg (16.91%), Potassium: 507.02mg (14.49%), Zinc: 2.1mg (13.97%), Fiber: 2.92g (11.67%), Copper: 0.23mg (11.27%), Vitamin B12: 0.66µg (10.99%), Magnesium: 37.06mg (9.27%), Vitamin K: 6.48µg (6.17%), Vitamin E: 0.85mg (5.67%), Calcium: 37.5mg (3.75%), Vitamin D: 0.23µg (1.51%)