



Wild Rice-Corn Soup

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



202 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 3 garlic clove finely chopped
- ☐ 1 cup carrots shredded
- ☐ 1 cup onion chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 1.5 teaspoons salt
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 teaspoon pepper

- ☐ 3 cups rice wild cooked
- ☐ 2 cups water
- ☐ 21 ounces cream of chicken soup canned
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup sherry dry
- ☐ 30.5 ounces corn whole drained canned
- ☐ 2 cups frangelico

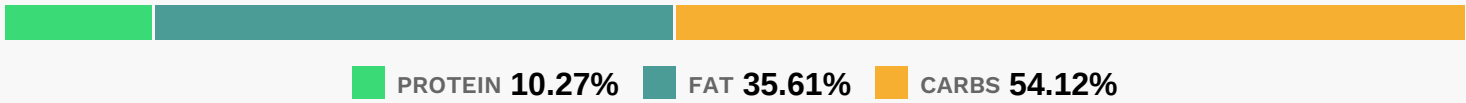
Equipment

- ☐ dutch oven

Directions

- ☐ Melt butter in 4-quart Dutch oven over medium heat. Cook garlic, carrots and onions in butter about 5 minutes, stirring occasionally, until onions are tender.
- ☐ Stir in flour, salt, nutmeg and pepper. Stir in wild rice, water and broth.
- ☐ Heat to boiling; reduce heat. Cover and simmer 15 minutes, stirring occasionally.
- ☐ Stir in remaining ingredients.
- ☐ Heat just until hot (do not boil).

Nutrition Facts



Properties

Glycemic Index:30.9, Glycemic Load:4.19, Inflammation Score:-9, Nutrition Score:9.1652174650327%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.39mg,

Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 202.39kcal (10.12%), Fat: 7.97g (12.26%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 25.76g (9.37%), Sugar: 1.75g (1.94%), Cholesterol: 3.97mg (1.32%), Sodium: 813.97mg (35.39%), Alcohol: 0.51g (100%), Alcohol %: 0.27% (100%), Protein: 5.17g (10.34%), Vitamin A: 2253.91IU (45.08%), Vitamin K: 44.81µg (42.68%), Manganese: 0.28mg (13.84%), Folate: 47.45µg (11.86%), Phosphorus: 94.72mg (9.47%), Vitamin B3: 1.66mg (8.28%), Copper: 0.16mg (8.23%), Vitamin C: 6.46mg (7.83%), Iron: 1.34mg (7.45%), Magnesium: 29.11mg (7.28%), Zinc: 1.02mg (6.77%), Potassium: 229.92mg (6.57%), Vitamin B2: 0.1mg (6.01%), Fiber: 1.48g (5.93%), Vitamin B1: 0.08mg (5.58%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.61mg (4.05%), Selenium: 2.64µg (3.78%), Calcium: 25.1mg (2.51%), Vitamin B5: 0.24mg (2.4%)