



## Wild Rice-Corn Soup

READY IN



40 min.

SERVINGS



12

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup butter
- 1 cup carrots shredded
- 21 ounces chicken broth canned
- 3 cups rice wild cooked
- 0.3 cup sherry dry
- 0.3 cup flour all-purpose
- 0.5 cup parsley fresh chopped
- 3 garlic clove finely chopped
- 0.5 teaspoon nutmeg

- 2 cups half and half
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 1.5 teaspoons salt
- 2 cups water
- 30.5 ounces corn whole drained canned

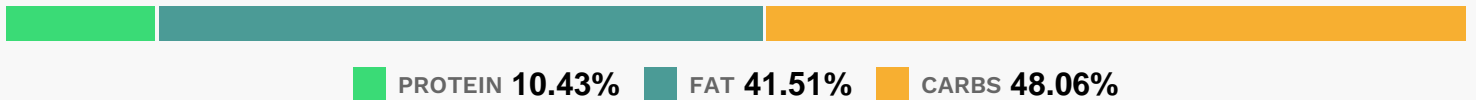
## Equipment

- 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:27.32, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:9.6430436217267%

## 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

2.75mg, Quercetin: 2.75mg

## Nutrients (% of daily need)

Calories: 213.55kcal (10.68%), Fat: 9.85g (15.15%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 24.16g (8.79%), Sugar: 3.36g (3.73%), Cholesterol: 15.11mg (5.04%), Sodium: 674.36mg (29.32%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 5.57g (11.14%), Vitamin A: 2307.38IU (46.15%), Vitamin K: 43.3µg (41.24%), Manganese: 0.27mg (13.31%), Phosphorus: 119.64mg (11.96%), Folate: 47.67µg (11.92%), Vitamin B2: 0.19mg (10.99%), Vitamin C: 6.77mg (8.21%), Vitamin B3: 1.61mg (8.07%), Magnesium: 31.66mg (7.91%), Potassium: 267.78mg (7.65%), Zinc: 1.06mg (7.09%), Vitamin B1: 0.1mg (6.65%), Calcium: 63.3mg (6.33%), Vitamin B6: 0.12mg (6.12%), Fiber: 1.48g (5.93%), Copper: 0.11mg (5.61%), Iron: 0.87mg (4.84%), Selenium: 3.19µg (4.56%), Vitamin E: 0.46mg (3.07%), Vitamin B5: 0.27mg (2.66%), Vitamin B12: 0.09µg (1.52%)