



Wild Rice-Mushroom Soup

READY IN



75 min.

SERVINGS



6

CALORIES



197 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup rice wild uncooked
- 3 tablespoons vegetable oil
- 1 cup celery stalks sliced
- 0.5 cup onion chopped
- 8 oz mushrooms fresh sliced (3 cups)
- 0.3 cup flour all-purpose
- 1 teaspoon sugar
- 0.3 teaspoon pepper
- 3 cups chicken broth (from 32-oz carton)

- 0.8 cup finely-chopped ham cooked chopped
- 1 teaspoon worcestershire sauce
- 1 cup yogurt plain fat free yoplait® (from 2-lb container)

Equipment

- sauce pan

Directions

- Cook wild rice as directed on package.
- Meanwhile, in 3-quart saucepan, melt butter over medium heat.
- Add celery, onion and mushrooms; cook about 5 minutes, stirring occasionally, until crisp-tender.
- Stir in flour, sugar and pepper. Stir in cooked wild rice, broth, ham and Worcestershire sauce; cover and simmer 10 minutes over medium heat. Stir in yogurt; heat just until hot (do not boil).

Nutrition Facts

PROTEIN 19.21% **FAT 38.19%** **CARBS 42.6%**

Properties

Glycemic Index:54.02, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:11.007826006931%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 197.18kcal (9.86%), Fat: 8.57g (13.18%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.64g (7.14%), Sugar: 6.29g (6.99%), Cholesterol: 13.48mg (4.49%), Sodium: 660.46mg (28.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.39%), Vitamin B2: 0.43mg (25.05%), Phosphorus: 214.56mg (21.46%), Vitamin B3: 3.46mg (17.28%), Vitamin K: 17.99µg (17.13%), Manganese: 0.34mg (16.92%), Selenium: 10.54µg (15.05%), Vitamin B1: 0.22mg (14.43%), Copper: 0.25mg (12.58%), Zinc: 1.87mg (12.46%),

Potassium: 420.03mg (12%), Vitamin B5: 1.19mg (11.86%), Magnesium: 43.5mg (10.88%), Folate: 42.64µg (10.66%), Calcium: 102.77mg (10.28%), Vitamin B6: 0.18mg (9.01%), Vitamin B12: 0.49µg (8.11%), Fiber: 1.86g (7.45%), Vitamin C: 6.09mg (7.38%), Iron: 1.06mg (5.86%), Vitamin E: 0.77mg (5.13%), Vitamin A: 84.84IU (1.7%)