



Wild Rice Soup

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 1 cup celery sliced
- 1 cup carrots shredded peeled
- 1 cup onion chopped
- 3 tablespoons flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon thyme leaves dried

- 2.5 cups chicken broth
- 15 oz rice wild cooked canned
- 0.3 cup slivered almonds toasted
- 2 tablespoons parsley fresh italian chopped (flat-leaf)
- 1 cup frangelico

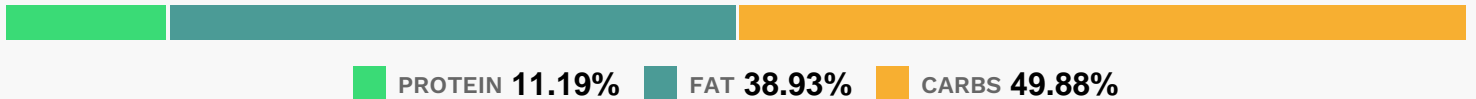
Equipment

- sauce pan

Directions

- In 4-quart saucepan, melt butter over medium-high heat.
- Add celery, carrot and onions; cook 3 to 5 minutes, stirring occasionally, until tender.
- Stir in flour, salt, pepper and thyme; cook and stir 1 minute. Stir in broth and wild rice.
- Heat to boiling, stirring frequently. Reduce heat to low; cover and simmer 5 minutes, stirring occasionally.
- Stir in half-and-half; heat just to a simmer (do not boil). Top with almonds and parsley.

Nutrition Facts



Properties

Glycemic Index:69.97, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:14.621738967688%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.03mg, Apigenin: 4.03mg, Apigenin: 4.03mg, Apigenin: 4.03mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 227.88kcal (11.39%), Fat: 10.23g (15.74%), Saturated Fat: 4.62g (28.88%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 25.5g (9.27%), Sugar: 4.23g (4.7%), Cholesterol: 20.41mg (6.8%), Sodium: 761.21mg (33.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin A: 4723.03IU (94.46%), Vitamin K: 36.86µg (35.1%), Manganese: 0.56mg (28.21%), Fiber: 4g (16.01%), Vitamin B2: 0.27mg (15.72%), Vitamin E: 2.07mg (13.83%), Magnesium: 53.76mg (13.44%), Folate: 53.69µg (13.42%), Phosphorus: 131.57mg (13.16%), Vitamin B3: 2.19mg (10.97%), Copper: 0.22mg (10.91%), Vitamin B6: 0.22mg (10.76%), Zinc: 1.59mg (10.62%), Vitamin B1: 0.15mg (10.21%), Potassium: 345.47mg (9.87%), Vitamin C: 6.79mg (8.23%), Iron: 1.32mg (7.31%), Calcium: 51.56mg (5.16%), Selenium: 3.25µg (4.65%), Vitamin B5: 0.36mg (3.63%)