

Wild Rice Soup I

READY IN



80 min.

SERVINGS



8

CALORIES



263 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 3 cups chicken broth
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups half-and-half cream
- ☐ 0.5 cup butter
- ☐ 1 onion chopped
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon vegetable oil
- ☐ 4 cups water
- ☐ 0.3 cup rice wild

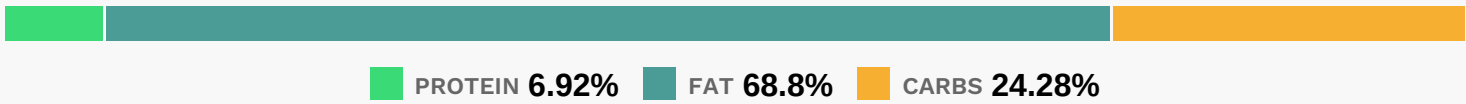
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse rice; drain. In a medium saucepan, combine rice, oil, and water; bring to a boil. Reduce heat, cover, and simmer for 30 minutes.
- ☐ Meanwhile, in a large pot, cook onion, celery, and carrots in butter until vegetables are almost tender. Blend in flour, cook and stir for 2 minutes.
- ☐ Add broth and undrained rice, bring to a boil. Cook and stir until slightly thickened.
- ☐ Stir in cream, rosemary, and salt. Reduce heat and simmer, uncovered, about 20 minutes or until rice is tender.

Nutrition Facts



Properties

Glycemic Index:38.35, Glycemic Load:7.43, Inflammation Score:-8, Nutrition Score:7.3791304463926%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 263.16kcal (13.16%), Fat: 20.45g (31.47%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.09g (5.49%), Sugar: 4.08g (4.53%), Cholesterol: 22.94mg (7.65%), Sodium: 804.67mg (34.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin A: 2021.44IU (40.43%),

Vitamin B2: 0.24mg (14.22%), Phosphorus: 109.43mg (10.94%), Manganese: 0.22mg (10.88%), Calcium: 86.58mg (8.66%), Vitamin B1: 0.12mg (7.97%), Selenium: 5.22µg (7.46%), Folate: 28.47µg (7.12%), Vitamin B3: 1.28mg (6.4%), Vitamin K: 6.59µg (6.28%), Magnesium: 24.92mg (6.23%), Vitamin E: 0.89mg (5.94%), Potassium: 196.1mg (5.6%), Zinc: 0.81mg (5.4%), Copper: 0.09mg (4.73%), Fiber: 1.15g (4.62%), Vitamin B6: 0.09mg (4.59%), Iron: 0.65mg (3.62%), Vitamin B5: 0.35mg (3.51%), Vitamin C: 2.2mg (2.67%), Vitamin B12: 0.15µg (2.45%)