



Wild Rice Soup II



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups processed cheese food shredded
- ☐ 10 ounce vegetables mixed frozen
- ☐ 0.5 cup lentils dry
- ☐ 1 cup milk
- ☐ 14.5 ounce vegetable broth canned
- ☐ 3 cups water
- ☐ 6 ounce rice wild uncooked

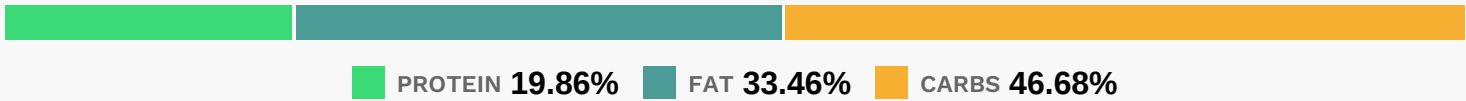
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Rinse and sort lentils, discarding any debris or blemished lentils.
- ☐ Combine lentils and water in a medium saucepan. Bring to a boil; cover, reduce heat to low and simmer for 5 minutes.
- ☐ Let stand for 1 hour, covered.
- ☐ Drain and rinse lentils.
- ☐ Using a medium saucepan cook rice according to package directions.
- ☐ In a medium stock pot add lentils, cooked rice, vegetable broth, frozen mixed vegetables, milk and American cheese. Bring to a boil; reduce heat to low and simmer, uncovered for 20 minutes.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:15.55, Inflammation Score:-9, Nutrition Score:20.095217445622%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 345.6kcal (17.28%), Fat: 13.15g (20.23%), Saturated Fat: 7.19g (44.95%), Carbohydrates: 41.28g (13.76%), Net Carbohydrates: 32.75g (11.91%), Sugar: 4.36g (4.85%), Cholesterol: 39.88mg (13.29%), Sodium: 905.41mg (39.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.11%), Vitamin A: 2953.5IU (59.07%), Phosphorus: 488.21mg (48.82%), Calcium: 446.04mg (44.6%), Manganese: 0.72mg (36.04%), Fiber: 8.53g (34.11%), Folate: 120.07µg (30.02%), Zinc: 3.72mg (24.78%), Magnesium: 96.2mg (24.05%), Vitamin B1: 0.26mg (17.2%), Vitamin B2: 0.29mg (16.84%), Copper: 0.31mg (15.55%), Vitamin B3: 2.99mg (14.93%), Selenium: 10.15µg (14.5%), Vitamin B6: 0.29mg (14.32%), Potassium: 481.22mg (13.75%), Iron: 2.43mg (13.51%), Vitamin B12: 0.74µg (12.41%), Vitamin B5: 1.02mg (10.17%), Vitamin C: 5.62mg (6.81%), Vitamin D: 0.66µg (4.38%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.37µg (2.26%)