



Wild Rice Soup IV



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds bacon
- ☐ 0.5 cup celery chopped
- ☐ 29 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.5 cup onion chopped
- ☐ 3.5 cups water

☐ 1 cup rice wild uncooked

Equipment

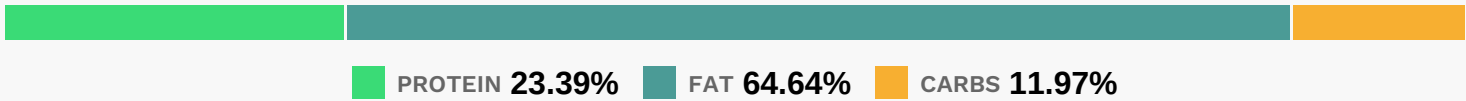
☐ frying pan

☐ sauce pan

Directions

- ☐ In a small sauce pan, cook rice with two cups of water until tender; set aside. Fry the bacon until crisp.
- ☐ Drain, but reserve 5 tablespoons of the grease. Crumble bacon and set aside.
- ☐ Fry the onions, celery and green peppers in the bacon grease until the onions are translucent.
- ☐ Transfer the vegetables, rice and crumbled bacon to a 5 quart pan. Stir in the mushroom and chicken soups, chicken broth and remaining 3 1/2 cups of water. Simmer over medium heat for one hour to blend all of the flavors.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:12.17, Inflammation Score:-6, Nutrition Score:25.79956494207%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 1064.88kcal (53.24%), Fat: 75.6g (116.3%), Saturated Fat: 24.72g (154.47%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 29.16g (10.61%), Sugar: 1.92g (2.13%), Cholesterol: 174.9mg (58.3%), Sodium: 2394.47mg (104.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.53g (123.07%), Selenium: 57.41µg (82.02%), Vitamin B3: 11.92mg (59.62%), Phosphorus: 581.68mg (58.17%), Zinc: 7.57mg (50.46%), Vitamin B6: 0.84mg (41.86%), Vitamin B12: 2.21µg (36.79%), Vitamin B1: 0.48mg (31.98%), Manganese: 0.6mg (29.95%), Magnesium: 101.85mg (25.46%), Copper: 0.48mg (23.84%), Vitamin B2: 0.4mg (23.24%), Potassium: 774.85mg (22.14%), Iron: 3.9mg (21.69%), Vitamin B5: 1.37mg (13.69%), Vitamin C: 11.28mg (13.67%), Vitamin E: 1.65mg (11.02%), Folate: 39.45µg

(9.86%), Vitamin A: 479.98IU (9.6%), Fiber: 2.33g (9.31%), Vitamin K: 9.18µg (8.74%), Calcium: 53.3mg (5.33%),
Vitamin D: 0.74µg (4.95%)