

Wild Rice Soup V

READY IN



90 min.

SERVINGS



6

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 2 large carrots shredded
- 1 quart chicken broth
- 3 cups ham cubed cooked
- 0.3 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.5 cup milk
- 1 onion chopped
- 0.3 cup vermouth sweet

1 cup rice wild uncooked

Equipment

sauce pan

pot

Directions

In a medium saucepan, boil rice in water 30 minutes.

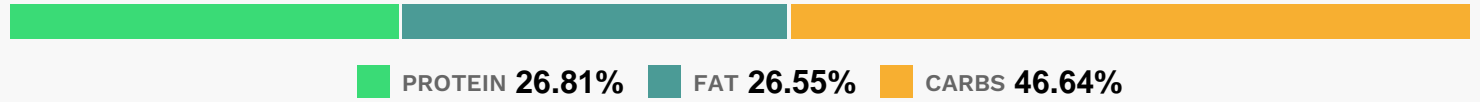
Drain, rinse, and set aside.

Meanwhile, in a large soup pot, melt butter over medium heat. Cook onion in butter until translucent. Stir in flour all at once to form a roux. Stir in broth, a little at a time, and cook until slightly thickened. Stir in carrots, ham, milk, parsley and reserved rice. Reduce heat and simmer 15 minutes.

Stir in vermouth and simmer 30 minutes more.

Serve.

Nutrition Facts



Properties

Glycemic Index:54.14, Glycemic Load:14.65, Inflammation Score:-10, Nutrition Score:18.912173830945%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 262.39kcal (13.12%), Fat: 7.61g (11.7%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 27.24g (9.91%), Sugar: 4.26g (4.74%), Cholesterol: 51.86mg (17.29%), Sodium: 1280.48mg (55.67%), Alcohol: 0.95g (100%), Alcohol %: 0.37% (100%), Protein: 17.28g (34.56%), Vitamin A: 4221.6IU (84.43%), Phosphorus: 327.97mg (32.8%), Vitamin B1: 0.44mg (29.4%), Manganese: 0.55mg (27.5%), Vitamin K: 25.85µg

(24.62%), Vitamin B3: 4.75mg (23.76%), Vitamin B2: 0.37mg (21.89%), Vitamin C: 17.71mg (21.47%), Zinc: 3.18mg (21.23%), Selenium: 14.86µg (21.22%), Magnesium: 69.65mg (17.41%), Vitamin B6: 0.32mg (16%), Vitamin B12: 0.94µg (15.7%), Potassium: 448.61mg (12.82%), Copper: 0.26mg (12.77%), Folate: 46.7µg (11.67%), Fiber: 2.82g (11.29%), Vitamin B5: 0.99mg (9.88%), Iron: 1.55mg (8.6%), Calcium: 55.63mg (5.56%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.22µg (1.49%)