



Wild Rice Zoop

 **Gluten Free**

READY IN

ready

150 min.

SERVINGS

servings

12

CALORIES

calories

334 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bacon cut into small pieces
- ☐ 1 cup mushrooms canned drained
- ☐ 3 cups chicken broth
- ☐ 21.5 ounce condensed cream of potato soup canned
- ☐ 1 pint half-and-half cream
- ☐ 1 onion chopped
- ☐ 5 ounce processed cheese spread
- ☐ 2 cups water

☐ 1 cup rice wild

Equipment

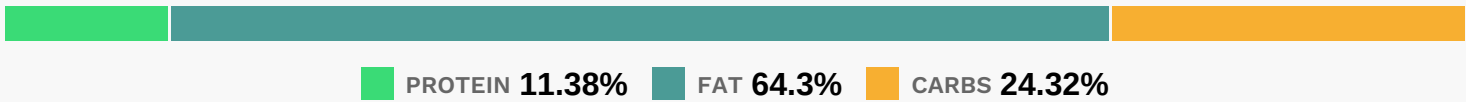
☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place wild rice and 3 cups broth or water in casserole dish.
- ☐ Bake, covered, for 1.5–2 hours. Should make 3 cups cooked rice.
- ☐ Fry bacon until crisp.
- ☐ Drain off most of the grease and saute onion in remaining grease.
- ☐ Add half & half, mushrooms, potato soup, cooked wild rice, cheese, and 2 cups water.
- ☐ Heat thoroughly over low heat.

Nutrition Facts



Properties

Glycemic Index:6.92, Glycemic Load:5.32, Inflammation Score:-4, Nutrition Score:8.5304347276688%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 333.79kcal (16.69%), Fat: 23.6g (36.3%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 18.59g (6.76%), Sugar: 4.84g (5.38%), Cholesterol: 48.91mg (16.3%), Sodium: 980.48mg (42.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.79%), Manganese: 0.38mg (19.21%), Phosphorus: 182.01mg (18.2%), Selenium: 11.01µg (15.73%), Vitamin B3: 3.03mg (15.13%), Zinc: 1.8mg (12.02%), Copper: 0.24mg (12.01%), Vitamin B2: 0.2mg (11.57%), Vitamin B1: 0.17mg (11.55%), Calcium: 105.03mg (10.5%), Vitamin B6: 0.21mg (10.33%), Vitamin B5: 0.94mg (9.44%), Magnesium: 36.44mg (9.11%), Potassium: 279.92mg (8%), Vitamin A: 299.38IU (5.99%), Fiber: 1.5g (5.99%), Vitamin B12: 0.3µg (4.93%), Folate: 18.17µg (4.54%), Iron: 0.79mg (4.4%),

Vitamin E: 0.43mg (2.88%), Vitamin C: 1.81mg (2.19%), Vitamin K: 1.36µg (1.3%), Vitamin D: 0.18µg (1.18%)