

Wild Rice Soup

*Gunflint Lodge - Grand Marais, MN
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*1 tablespoon onion, minced
2 tablespoons margarine
3 tablespoons flour
3 cups chicken broth
1 cup cooked wild rice
1 teaspoon salt
2 tablespoons white wine
3/4 cup heavy cream
1/4 teaspoon curry powder
fresh parsley (for garnish), chopped*

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In a pot, brown the onion in the margarine until it is translucent. Blend in the flour and broth, stirring constantly until thickened.

Stir in the rice and salt. Simmer for about 5 minutes. Blend in the wine and cream. Add the curry powder. Simmer until the soup reaches serving temperature.

Garnish each serving with chopped parsley.

Per Serving (excluding unknown items): 302 Calories; 23g Fat (70.2% calories from fat); 7g Protein; 15g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 1191mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	302	Vitamin B6 (mg):	.1mg
% Calories from Fat:	70.2%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	20.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	23g	Folacin (mcg):	18mcg
Saturated Fat (g):	12g	Niacin (mg):	3mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	5
Cholesterol (mg):	61mg	% Refuse:	0.0%
Carbohydrate (g):	15g		
Dietary Fiber (g):	1g		

Food Exchanges

Grain (Starch): 1

Protein (g): 7g
Sodium (mg): 1191mg
Potassium (mg): 249mg
Calcium (mg): 45mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 908IU
Vitamin A (r.e.): 244 1/2RE

Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 302 **Calories from Fat:** 212

% Daily Values*

Total Fat	23g	36%
	Saturated Fat 12g	58%
Cholesterol	61mg	20%
Sodium	1191mg	50%
Total Carbohydrates	15g	5%
	Dietary Fiber 1g	4%
Protein	7g	
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Vitamin A		18%
Vitamin C		1%
Calcium		4%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.