



Alicante Turkey Soup



Gluten Free



Dairy Free



Low Fod Map

READY IN



343 min.

SERVINGS



6

CALORIES



194 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brandy
- ☐ 0.5 teaspoon salt
- ☐ 1 pound turkey breast bone-in
- ☐ 5 cups turkey stock

Equipment

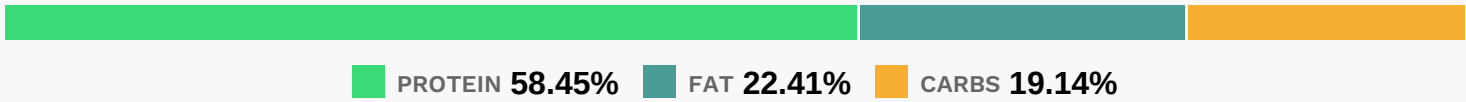
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ ziploc bags

Directions

- ☐ Cut turkey breast in half crosswise.
- ☐ Combine turkey and brandy in a large zip-top plastic bag. Refrigerate 5 hours or overnight. Discard brandy.
- ☐ Place Turkey-Saffron Stock in a large saucepan; bring to a boil. Stir in salt.
- ☐ Add turkey to pan. Cover, reduce heat, and simmer for 23 minutes or until done.
- ☐ Remove turkey from pan; let stand 10 minutes.
- ☐ Remove turkey from bone, and discard bones.
- ☐ Cut turkey into bite-sized pieces, and return to pan. Divide the turkey and broth evenly among 6 bowls.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.8126085646774%

Nutrients (% of daily need)

Calories: 193.53kcal (9.68%), Fat: 3.62g (5.57%), Saturated Fat: 0.85g (5.32%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.96g (2.53%), Sugar: 3.15g (3.5%), Cholesterol: 46.74mg (15.58%), Sodium: 631.66mg (27.46%), Alcohol: 6.68g (100%), Alcohol %: 2.89% (100%), Protein: 21.25g (42.5%), Vitamin B3: 10.62mg (53.1%), Vitamin B6: 0.71mg (35.32%), Selenium: 21.5µg (30.71%), Phosphorus: 232.45mg (23.24%), Vitamin B2: 0.28mg (16.35%), Potassium: 390.4mg (11.15%), Zinc: 1.27mg (8.45%), Vitamin B12: 0.48µg (7.94%), Copper: 0.15mg (7.51%), Magnesium: 26.79mg (6.7%), Vitamin B1: 0.1mg (6.34%), Vitamin B5: 0.59mg (5.86%), Iron: 0.83mg (4.62%), Folate: 15.15µg (3.79%), Calcium: 16.62mg (1.66%)