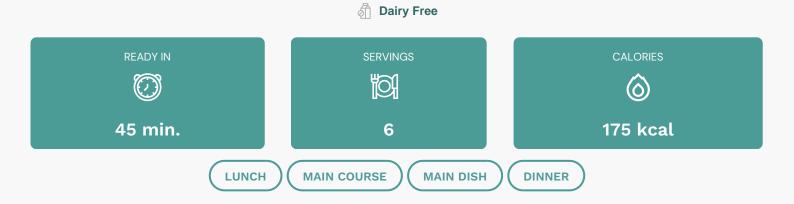


Asian Turkey-Noodle Soup with Ginger and Chiles



Ingredients

	6 servings bean sprouts fresh
	6 servings mint leaves fresh
	6.1 inch ginger fresh peeled
	6 servings lime wedges
	6 cups chicken broth homemade
	3.5 ounces vermicelli (linguine-width)
П	6 servings serrano chiles thinly sliced

	0.5 cup shallots thinly sliced (3 large)	
	2 tablespoons fish sauce (nam pla or nuoc nam)	
	10 ounces turkey meat diced cooked	
	6 servings water boiling	
Equipment		
	bowl	
	ladle	
	pot	
Di	rections	
	Place noodles in large bowl.	
	Add enough boiling water to cover noodles.	
	Let stand until noodles are soft, about 5 minutes; drain.	
	Combine stock, shallots, ginger, and fish sauce in large pot. Bring to boil. Reduce heat to low, cover partially, and simmer 10 minutes. Discard ginger slices. Return stock to boil. Stir in noodles and turkey; simmer until turkey is heated through, about 3 minutes.	
	Ladle soup into bowls.	
	Serve, allowing diners to top each serving with bean sprouts, mint leaves, chiles, and lime wedges to squeeze over.	
	Break up the carcass so that it its into a 6-quart or larger pot.	
	Add 3 quarts water and 1 each coarsely chopped onion, carrot, and celery stalk. Bring to boil, skimming off any foam.	
	Add 6 parsley sprigs, 1/2 teaspoon dried thyme, and 1/4 teaspoon whole peppercorns. Simme 2 to 3 hours. Strain, then skim off any fat from surface of the broth.	
	*Available in the Asian foods section of most supermarkets.	
Nutrition Facts		
PROTEIN 38.27% FAT 12.72% CARBS 49.01%		

Properties

Flavonoids

Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg, Eriodictyol: O.31mg Hesperetin: O.53mg, Hesperetin: O.53mg, Hesperetin: O.53mg, Hesperetin: O.53mg, Naringenin: O.03mg, Naringenin: O.03mg, Naringenin: O.03mg, Naringenin: O.05mg, Apigenin: O.17mg, Luteolin: O.17mg, Luteolin: O.17mg, Quercetin: O.17mg, Quercetin: O.17mg, Quercetin: O.17mg, Quercetin: O.17mg

Nutrients (% of daily need)

Calories: 174.51kcal (8.73%), Fat: 2.51g (3.86%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 20.58g (7.48%), Sugar: 2.33g (2.59%), Cholesterol: 31.66mg (10.55%), Sodium: 643.27mg (27.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34.01%), Vitamin B3: 7.37mg (36.85%), Vitamin B6: 0.44mg (22.25%), Phosphorus: 202.4mg (20.24%), Selenium: 14.02µg (20.03%), Vitamin B12: 0.85µg (14.18%), Potassium: 442.99mg (12.66%), Copper: 0.25mg (12.59%), Vitamin B2: 0.18mg (10.53%), Magnesium: 38.47mg (9.62%), Manganese: 0.19mg (9.58%), Zinc: 1.39mg (9.24%), Iron: 1.42mg (7.88%), Vitamin B5: 0.5mg (4.97%), Fiber: 1.2g (4.81%), Folate: 16.41µg (4.1%), Calcium: 38.73mg (3.87%), Vitamin C: 3.15mg (3.82%), Vitamin B1: 0.05mg (3.04%), Vitamin A: 68.24IU (1.36%)