



Asian Turkey-Noodle Soup with Ginger and Chiles

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings bean sprouts fresh
- ☐ 6 servings mint leaves fresh
- ☐ 6.1 inch thick rounds ginger fresh peeled
- ☐ 6 servings lime wedges
- ☐ 6 cups low-salt chicken broth homemade
- ☐ 3.5 ounces medium-wide rice noodles (linguine-width)
- ☐ 6 servings serrano chiles thinly sliced

- ☐ 0.5 cup shallots thinly sliced (3 large)
- ☐ 2 tablespoons soya sauce (nam pla or nuoc nam)
- ☐ 10 ounces turkey meat diced cooked
- ☐ 6 servings water boiling

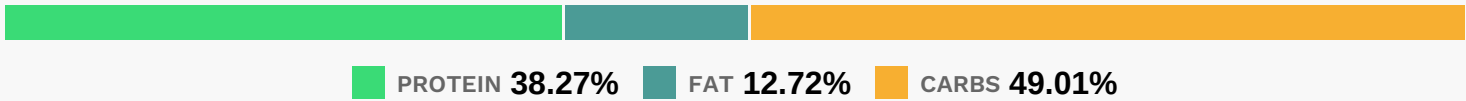
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ 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. Simmer 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



Properties

Glycemic Index:22.5, Glycemic Load:8.83, Inflammation Score:-3, Nutrition Score:9.2769564364267%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

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%)