



Bird to the Last Drop

READY IN



110 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons thyme leaves dried
- ☐ 10 ounce vegetables mixed frozen
- ☐ 1 teaspoon old bay seasoning
- ☐ 0.5 cup rice
- ☐ 6 servings salt and pepper to taste
- ☐ 1 turkey carcass
- ☐ 2 cups turkey cubed cooked
- ☐ 2 quarts vegetable stock

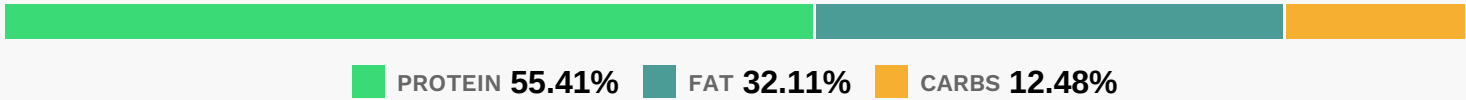
Equipment

☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the vegetable stock and the turkey carcass in a large soup pot over low heat and bring to a simmer. Cover and simmer for 1 hour.
- ☐ Add the remaining ingredients to the stock. Cover and simmer for an additional 20 minutes.
- ☐ Remove the bones before serving.

Nutrition Facts



Properties

Glycemic Index:25.2, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:39.644347688426%

Nutrients (% of daily need)

Calories: 756.28kcal (37.81%), Fat: 26.48g (40.74%), Saturated Fat: 6.85g (42.82%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 20.9g (7.6%), Sugar: 2.99g (3.33%), Cholesterol: 332.96mg (110.99%), Sodium: 1996.79mg (86.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.81g (205.62%), Vitamin B3: 36.15mg (180.77%), Selenium: 101.06µg (144.37%), Vitamin B6: 2.85mg (142.35%), Vitamin B12: 5.64µg (94.03%), Phosphorus: 893.12mg (89.31%), Vitamin A: 3351.64IU (67.03%), Zinc: 8.64mg (57.63%), Vitamin B2: 0.91mg (53.25%), Vitamin B5: 3.98mg (39.84%), Potassium: 1158.81mg (33.11%), Magnesium: 132.29mg (33.07%), Iron: 5.08mg (28.23%), Copper: 0.44mg (21.99%), Vitamin B1: 0.29mg (19.53%), Manganese: 0.39mg (19.4%), Folate: 48.68µg (12.17%), Vitamin D: 1.39µg (9.25%), Fiber: 2.25g (9.01%), Vitamin K: 8.42µg (8.01%), Calcium: 76.74mg (7.67%), Vitamin C: 5.12mg (6.21%), Vitamin E: 0.46mg (3.08%)