



Busy Night Turkey Taco Soup with Avocado Cream

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



731 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce corn mexican-style canned
- 29 ounce chicken broth canned
- 16 ounce chili beans sauce undrained canned
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons guacamole
- 0.5 cup cream sour low-fat
- 16 ounce salsa

- 4 servings salt and pepper to taste
- 2.5 cups turkey meat cooked chopped

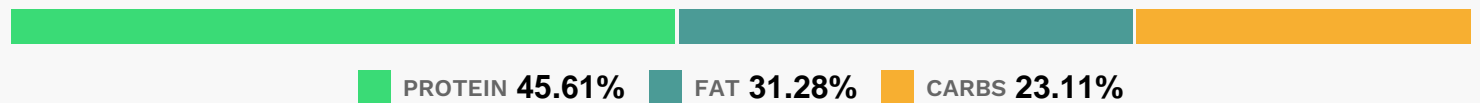
Equipment

- bowl
- ladle
- pot

Directions

- In a large pot over medium heat, combine corn, chili beans, broth and salsa. Bring to a boil, then reduce heat and stir in cooked turkey. Season with salt and pepper. Cover, and cook 5 to 10 minutes more, until heated through. Stir in cilantro.
- In a bowl, stir together sour cream and guacamole until smooth.
- Ladle soup into bowls and top with guacamole mixture.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:33.417825823245%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 730.54kcal (36.53%), Fat: 24.99g (38.45%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 34.2g (12.43%), Sugar: 10.46g (11.62%), Cholesterol: 171.45mg (57.15%), Sodium: 3005.68mg (130.68%), Alcohol: 0g (100%), Protein: 82g (163.99%), Selenium: 61.02µg (87.17%), Phosphorus: 748.52mg (74.85%), Vitamin B6: 1.49mg (74.7%), Vitamin B3: 14.47mg (72.36%), Zinc: 9.66mg (64.4%), Vitamin B12: 3.27µg (54.54%), Potassium: 1517.17mg (43.35%), Vitamin B2: 0.64mg (37.52%), Magnesium: 144.68mg (36.17%), Iron: 6.26mg (34.8%), Fiber: 7.35g (29.4%), Copper: 0.58mg (28.86%), Vitamin A: 1121.06IU (22.42%), Folate: 76.92µg (19.23%), Vitamin E: 2.63mg (17.53%), Calcium: 149.12mg (14.91%), Vitamin K: 14.81µg (14.11%), Vitamin B5:

1.08mg (10.81%), Vitamin B1: 0.16mg (10.52%), Manganese: 0.2mg (9.9%), Vitamin C: 6.71mg (8.14%), Vitamin D:
0.44µg (2.92%)