



## Cook the Book: Turkish Yogurt Soup with Mint

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup bulgar wheat hulled cooked
- ☐ 6 cups chicken stock see
- ☐ 1 cup roasted chicken with which you made the stock) cooked chopped
- ☐ 1 egg yolk
- ☐ 3 cups yogurt plain low-fat ( or non-fat if you prefer)
- ☐ 1 handful mint leaves fresh
- ☐ 8 servings salt and pepper freshly ground
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 cup water cold

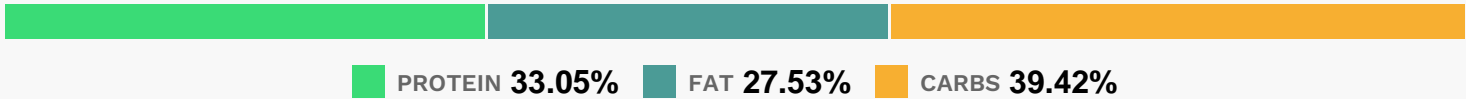
# Equipment

- ☐ bowl
- ☐ whisk

# Directions

- ☐ Bring the chicken stock to a simmer over medium heat while you prepare the yogurt.
- ☐ Tip the yogurt into a bowl and beat lightly with a wire whisk.
- ☐ In a separate small bowl, whisk the egg yolk with a little of the cold water, then whisk in the flour.
- ☐ Mix carefully so there are no lumps, adding water from time to time until you have added all the water. Now beat the egg mixture into the yogurt, again whisking thoroughly.
- ☐ When the stock is simmering, beat the yogurt mixture into the soup, a little at a time. The yogurt should not come to a boil but it should cook at just below a simmer while the stock thickens to a cream. This will take about 10 minutes but at no time should the soup come to a boil. When the soup is the consistency of light cream, add the cooked chicken and wheat, farro, or rice. Taste and add salt and freshly ground pepper, preferably white pepper. As soon as the chicken and grains are hot, the soup is ready to be served, garnished with the torn mint leaves.
- ☐ Caution: Do not let the soup come to a rolling boil for fear the egg will curdle and spoil the texture. If you must reheat the soup, be very careful not to overdo it.
- ☐ Whisk the soup fairly constantly as it is reheating.

# Nutrition Facts



# Properties

Glycemic Index:15.88, Glycemic Load:2.48, Inflammation Score:-3, Nutrition Score:9.5173913214518%

# Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.82mg,

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Nutrients (% of daily need)

Calories: 182.84kcal (9.14%), Fat: 5.54g (8.52%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 17.24g (6.27%), Sugar: 9.33g (10.36%), Cholesterol: 48.34mg (16.11%), Sodium: 531.42mg (23.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Vitamin B2: 0.42mg (24.59%), Phosphorus: 243.59mg (24.36%), Vitamin B3: 4.79mg (23.96%), Selenium: 13.48µg (19.25%), Calcium: 181.92mg (18.19%), Potassium: 475.34mg (13.58%), Vitamin B6: 0.25mg (12.34%), Zinc: 1.53mg (10.23%), Vitamin B12: 0.61µg (10.15%), Magnesium: 39.89mg (9.97%), Copper: 0.19mg (9.39%), Vitamin B1: 0.14mg (9%), Vitamin B5: 0.85mg (8.54%), Folate: 28µg (7%), Iron: 0.93mg (5.19%), Manganese: 0.09mg (4.65%), Fiber: 0.61g (2.44%), Vitamin A: 113.12IU (2.26%), Vitamin C: 1.25mg (1.52%)