



Cream of Turkey and Rice Soup

READY IN



45 min.

SERVINGS



7

CALORIES



915 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 3 large carrots chopped
- ☐ 3 stalks celery sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons thyme or dried fresh chopped
- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup rice long-grain uncooked
- ☐ 1.5 teaspoons salt

- ☐ 2 shallots chopped
- ☐ 1 turkey carcass
- ☐ 1 cup whipping cream

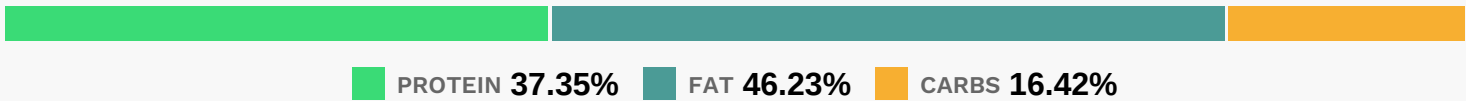
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ Place turkey carcass in a large stockpot or Dutch oven; add water to cover. Bring to a boil; cover, reduce heat, and simmer 1 hour.
- ☐ Remove carcass from broth, reserving 10 cups broth. Cool carcass, and pick meat from bones. Set meat aside.
- ☐ Melt butter in stockpot over medium-high heat.
- ☐ Add flour and cook 5 minutes, stirring constantly. (Roux will be a blond color.)
- ☐ Add onion, shallots, carrot, and celery to roux; reduce heat to medium. Cook 10 minutes, stirring often. Stir in reserved broth, turkey meat, rice, salt, pepper, and thyme; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender.
- ☐ Add whipping cream; simmer, uncovered, 5 minutes or to desired thickness.

Nutrition Facts



Properties

Glycemic Index:43.43, Glycemic Load:19.72, Inflammation Score:-10, Nutrition Score:40.120869512143%

Flavonoids

Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg, Quercetin: 7.09mg

Nutrients (% of daily need)

Calories: 915.06kcal (45.75%), Fat: 46.51g (71.56%), Saturated Fat: 16.01g (100.05%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.52g (12.55%), Sugar: 4.98g (5.54%), Cholesterol: 303.37mg (101.12%), Sodium: 1111.46mg (48.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.55g (169.1%), Vitamin B3: 29.48mg (147.42%), Vitamin A: 6530.43IU (130.61%), Selenium: 86.8µg (123.99%), Vitamin B6: 2.39mg (119.39%), Phosphorus: 766.84mg (76.68%), Vitamin B12: 4.56µg (76%), Vitamin B2: 0.85mg (49.85%), Zinc: 7.19mg (47.91%), Vitamin B5: 3.58mg (35.83%), Potassium: 1124.89mg (32.14%), Magnesium: 114.84mg (28.71%), Manganese: 0.56mg (28.09%), Iron: 4.48mg (24.89%), Vitamin B1: 0.32mg (21.29%), Copper: 0.4mg (20.12%), Folate: 67.52µg (16.88%), Vitamin K: 15.56µg (14.82%), Calcium: 110.43mg (11.04%), Vitamin D: 1.65µg (10.99%), Fiber: 2.68g (10.7%), Vitamin E: 1.46mg (9.76%), Vitamin C: 5.84mg (7.08%)