



Creamy After-Thanksgiving Turkey Soup

 Popular

READY IN



115 min.

SERVINGS



16

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup butter cubed
- 2 large carrots diced
- 2 stalks celery diced
- 1 teaspoon chicken soup base
- 4 ounces fettuccine barilla
- 1 cup flour all-purpose
- 0.8 teaspoon ground pepper black
- 2 cups half-and-half

- 1 large onion chopped
- 1 pinch poultry seasoning to taste
- 2 teaspoons salt
- 0.3 cup pepperidge farm sage and onion stuffing stuffing prepared to taste
- 1 turkey carcass

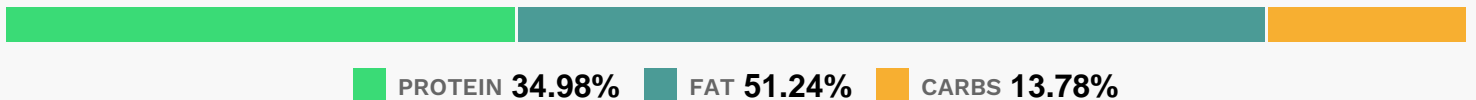
Equipment

- bowl
- dutch oven

Directions

- Place turkey carcass in a large pot or Dutch oven and cover with water. Bring to a boil. Reduce heat to medium, cover, and simmer for 1 hour.
- Remove carcass and allow to cool. Separate turkey meat from the bones.
- Cut meat into bite-size pieces; discard bones. Reserve about 12 cups turkey broth in a large bowl. Save remaining broth for another use.
- Melt butter in another large pot or Dutch oven over medium heat; cook and stir onion, carrots, and celery in melted butter until tender, about 5 minutes. Stir flour into vegetable mixture; cook and stir until smooth, about 5 minutes. Gradually stir in about 1/3 the reserved turkey broth. Bring to a boil; cook and stir until thickened, about 2 minutes.
- Stir remaining turkey broth, turkey meat, half-and-half, fettuccine, stuffing, salt, chicken bouillon, pepper, and poultry seasoning into half-and-half mixture. Reduce heat to medium-low, cover, and simmer until noodles are tender, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:19.18, Glycemic Load:6.95, Inflammation Score:-8, Nutrition Score:19.958695805591%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 438.44kcal (21.92%), Fat: 24.79g (38.14%), Saturated Fat: 11.94g (74.61%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.95g (5.07%), Sugar: 2.49g (2.77%), Cholesterol: 162.97mg (54.32%), Sodium: 637.75mg (27.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.07g (76.15%), Vitamin B3: 13.1mg (65.51%), Selenium: 45.31µg (64.73%), Vitamin B6: 1.03mg (51.42%), Vitamin A: 2094.3IU (41.89%), Phosphorus: 361.12mg (36.11%), Vitamin B12: 2.07µg (34.45%), Vitamin B2: 0.42mg (24.77%), Zinc: 3.24mg (21.63%), Vitamin B5: 1.56mg (15.61%), Potassium: 489.53mg (13.99%), Magnesium: 52.71mg (13.18%), Vitamin B1: 0.18mg (11.76%), Iron: 2.03mg (11.25%), Manganese: 0.19mg (9.3%), Folate: 35.61µg (8.9%), Copper: 0.17mg (8.63%), Calcium: 66.71mg (6.67%), Vitamin K: 5.22µg (4.97%), Vitamin E: 0.7mg (4.68%), Fiber: 1.06g (4.23%), Vitamin D: 0.5µg (3.36%), Vitamin C: 1.66mg (2.01%)