



Curried Turkey Soup

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 rib celery stalks thinly sliced
- ☐ 2 teaspoons curry powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 servings fruit dried diced toasted sliced
- ☐ 2 garlic clove minced
- ☐ 4 servings ground pepper red to taste
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 cup onion minced

- ☐ 4 servings salt to taste
- ☐ 1.5 cups turkey diced cooked
- ☐ 0.3 teaspoon turmeric
- ☐ 3 tablespoons butter unsalted
- ☐ 0.5 cup whipping cream

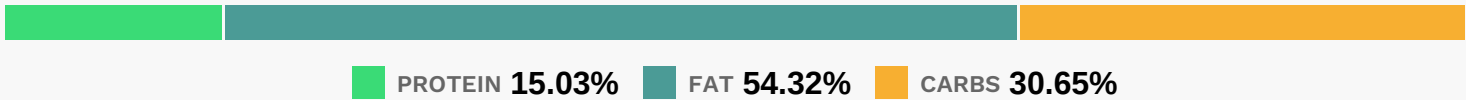
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion, celery, and garlic, and cook 3 minutes or until tender.
- ☐ Add curry powder and turmeric, and cook 1 minute.
- ☐ Add flour, and cook 2 minutes.
- ☐ Add broth, salt, and pepper, and simmer 10 minutes or until mixture begins to thicken.
- ☐ Add turkey and cream, and simmer 3 minutes or until heated through. Stir in lemon juice.
- ☐ Garnish, if desired.
- ☐ *Be sure to look for curry powder that's imported or labeled "premium" for the best blend of spices.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:12.555217369743%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin:
8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 367.24kcal (18.36%), Fat: 23.12g (35.58%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 29.36g (9.79%), Net Carbohydrates: 25.74g (9.36%), Sugar: 16.47g (18.3%), Cholesterol: 83.03mg (27.68%), Sodium: 307.07mg (13.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.79%), Vitamin A: 1922.69IU (38.45%), Vitamin B3: 6.25mg (31.27%), Vitamin B6: 0.4mg (20.14%), Phosphorus: 183.15mg (18.31%), Selenium: 10.98µg (15.68%), Vitamin B2: 0.26mg (15.46%), Fiber: 3.62g (14.48%), Potassium: 501.88mg (14.34%), Copper: 0.26mg (12.76%), Manganese: 0.23mg (11.66%), Vitamin B12: 0.7µg (11.62%), Iron: 1.88mg (10.46%), Vitamin C: 8.62mg (10.45%), Vitamin K: 10.03µg (9.55%), Vitamin E: 1.39mg (9.24%), Zinc: 1.24mg (8.25%), Magnesium: 30.47mg (7.62%), Vitamin B1: 0.1mg (6.61%), Folate: 25.17µg (6.29%), Calcium: 60.04mg (6%), Vitamin B5: 0.52mg (5.16%), Vitamin D: 0.75µg (4.97%)