



Ethnic-Style Turkey Bacon and Potato No Broth Soup



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups so delicious almond plus protein almondmilk unsweetened
- ☐ 2 teaspoons curry powder
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 medium onion
- ☐ 0.3 teaspoon salt

- ☐ 4 slices at least of turkey bacon
- ☐ 1 cup water

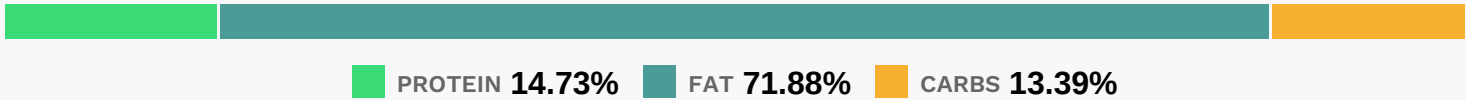
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Peel potatoes and dice. Slice onion thinly. Chop turkey bacon.In a saucepan, heat olive oil and cook onions over medium heat until tender. Stir in turkey bacon, potatoes and ginger. Sauté for1-2 minutes.
- ☐ Add water, increase the heat and bring to a boil. Cook until potatoes are tender. When the potatoes are tender, turn off the heat, transfer the soup to a blender and puree the soup until smooth.Return the soup to the saucepan, heat over medium heat and stir in almond plus. When the soup is warmed up, stir in curry powder and cinnamon.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:1.66, Inflammation Score:-9, Nutrition Score:33.316956523968%

Flavonoids

Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg, Cyanidin: 2.64mg Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg, Catechin: 1.37mg Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg, Epigallocatechin: 2.78mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg, Isorhamnetin: 4.21mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 811.35kcal (40.57%), Fat: 68.67g (105.64%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 13.92g (5.06%), Sugar: 5.96g (6.62%), Cholesterol: 27.44mg (9.15%), Sodium: 940.26mg (40.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.66g (63.33%), Vitamin E: 29.22mg (194.79%), Manganese: 2.67mg (133.4%), Magnesium: 308.52mg (77.13%), Vitamin B2: 1.3mg (76.72%), Phosphorus: 661.14mg (66.11%), Copper: 1.2mg (60.12%), Fiber: 14.87g (59.49%), Calcium: 316.28mg (31.63%), Iron: 5.32mg (29.58%), Zinc: 4.36mg (29.04%), Potassium: 984.56mg (28.13%), Vitamin B3: 5.01mg (25.02%), Selenium: 12.14µg (17.35%), Vitamin B1: 0.26mg (17.02%), Vitamin B6: 0.3mg (14.95%), Folate: 58.43µg (14.61%), Vitamin K: 8.47µg (8.06%), Vitamin B5: 0.55mg (5.46%), Vitamin C: 2.46mg (2.98%), Vitamin B12: 0.1µg (1.68%)