



Fiesta Turkey Soup With Green Chile Biscuits



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

222 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced green canned
- ☐ 8 servings chile biscuits green
- ☐ 15 ounce chili beans sauce canned
- ☐ 0.5 teaspoon chili powder
- ☐ 8 servings toppings: cream shredded sour
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 medium onion diced

- ☐ 0.1 teaspoon pepper
- ☐ 0.1 teaspoon salt
- ☐ 3 cups turkey cooked chopped
- ☐ 3.5 cups turkey broth
- ☐ 1 teaspoon vegetable oil
- ☐ 11 ounce kernel corn whole with red and green peppers, drained canned

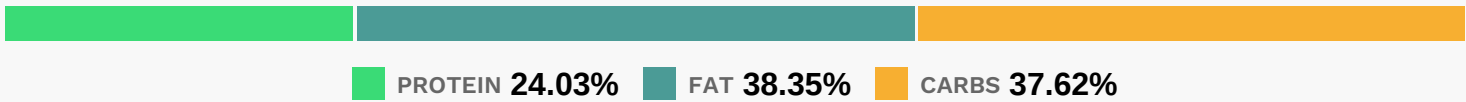
Equipment

- ☐ dutch oven

Directions

- ☐ Saut onion in hot oil in a large Dutch oven over medium heat 7 minutes or until tender.
- ☐ Add garlic, and saut 1 minute. Stir in turkey and next 8 ingredients. Bring to a boil, stirring occasionally; reduce heat, and simmer 15 minutes.
- ☐ Serve with desired toppings and Green Chile Biscuits.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:1.05, Inflammation Score:-5, Nutrition Score:10.817391229712%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg 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: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 221.5kcal (11.08%), Fat: 9.55g (14.69%), Saturated Fat: 4.28g (26.76%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 16.87g (6.13%), Sugar: 6.85g (7.61%), Cholesterol: 45.84mg (15.28%), Sodium: 1062.04mg (46.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.91%), Vitamin B6: 0.45mg (22.48%), Vitamin B3: 4.05mg (20.23%), Phosphorus: 195.82mg (19.58%), Fiber: 4.2g (16.81%), Vitamin B2: 0.27mg (15.74%), Potassium: 531.17mg (15.18%), Selenium: 9.86µg (14.09%), Zinc: 2.08mg (13.86%), Copper: 0.27mg (13.3%), Magnesium: 48.86mg (12.21%), Vitamin C: 9.66mg (11.71%), Iron: 2.09mg (11.59%), Folate: 35.62µg (8.9%), Manganese: 0.17mg

(8.65%), Vitamin B12: 0.5µg (8.41%), Vitamin A: 365.13IU (7.3%), Vitamin B1: 0.1mg (6.96%), Vitamin E: 0.87mg (5.79%), Calcium: 53mg (5.3%), Vitamin B5: 0.47mg (4.69%), Vitamin K: 3.86µg (3.67%), Vitamin D: 0.35µg (2.35%)