

health-score 65%

HEALTH SCORE

Ground Turkey Soup

 Dairy Free  Very Healthy

READY IN

ready

105 min.

SERVINGS

servings

5

CALORIES

calories

422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 cubes beef bouillon cubes
- ☐ 1 small head cabbage shredded
- ☐ 2 carrots sliced
- ☐ 1 pound pd of ground turkey
- ☐ 1 cup pearl barley
- ☐ 4 potatoes cubed peeled
- ☐ 8 cups water

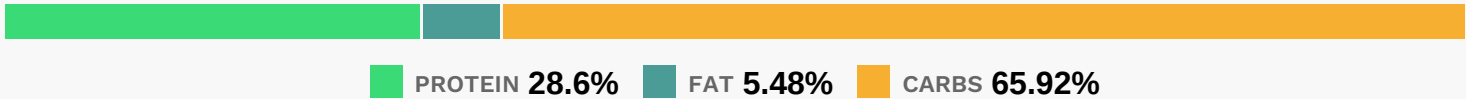
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a large pot, combine water, bouillon, potatoes, carrots, and cabbage. Bring to a boil. Lower temperature, and simmer.
- ☐ In a separate saucepan, brown the turkey. Put in pot with other ingredients. Slowly simmer for 1 hour.
- ☐ Add barley for last 15 minutes of cooking time.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:24.64, Inflammation Score:-10, Nutrition Score:38.579130266024%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 422.04kcal (21.1%), Fat: 2.65g (4.08%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 71.73g (23.91%), Net Carbohydrates: 57.49g (20.91%), Sugar: 7.61g (8.45%), Cholesterol: 49.96mg (16.65%), Sodium: 505.56mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Vitamin K: 115.87µg (110.35%), Vitamin C: 87.27mg (105.79%), Vitamin A: 4251.11IU (85.02%), Vitamin B6: 1.6mg (79.9%), Vitamin B3: 13.07mg (65.36%), Fiber: 14.24g (56.97%), Manganese: 1.06mg (53.23%), Selenium: 36.53µg (52.19%), Phosphorus: 440.73mg (44.07%), Potassium: 1424.29mg (40.69%), Magnesium: 121.75mg (30.44%), Folate: 110.27µg (27.57%), Copper: 0.5mg (25.17%), Vitamin B1: 0.38mg (25.03%), Zinc: 3.3mg (22%), Iron: 3.81mg (21.15%), Vitamin B5: 1.79mg (17.9%), Vitamin B2: 0.27mg (15.91%), Calcium: 112.26mg (11.23%), Vitamin B12: 0.48µg (7.98%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.36µg (2.42%)