



52%
HEALTH SCORE

Hearty Turkey Soup with Parsley Dumplings

READY IN



45 min.

SERVINGS



8

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon double-acting baking powder
- 1 bay leaf
- 4 tablespoons butter melted
- 5 carrots
- 1.5 cups celery chopped
- 1 cube chicken bouillon
- 0.8 teaspoon thyme leaves dried
- 1.3 cups flour all-purpose
- 0.5 cup parsley fresh chopped

- 0.5 teaspoon ground pepper black
- 0.5 cup milk
- 1 small rutabaga cubed
- 0.3 teaspoon salt
- 1 turkey carcass picked over
- 1.5 pounds turkey cubed cooked
- 12 cups water
- 2 slices bread white quartered
- 1 onion yellow cut into wedges

Equipment

- ladle
- pot
- sieve

Directions

- Combine turkey carcass, water, 1 cup celery, 2 carrots, onion, 2 teaspoons salt, thyme, bouillon, and bay leaf in large 4 quart stockpot. Bring to boiling. Lower heat, and cover. Simmer for 1 1/2 hours. Strain stock, and discard solids. Skim off fat using ladle or fat separator. Pick meat off bones when cooled. Reserve meat.
- Combine 6 tablespoons flour and 1/2 cup milk in a jar with a tight fitting lid. Shake to combine.
- Pour stock into pot. Bring to simmering. Strain flour mixture through sieve into stock, stirring.
- Slice remaining 3 carrots.
- Add rutabaga, ground pepper, remaining 1/2 cup celery, and sliced carrots. Simmer 20 minutes, or until vegetables are tender.
- While the soup is simmering, prepare the dumplings.
- Combine parsley and bread in processor; whirl until medium size crumbs.
- Add 1 1/4 cups flour, baking powder, and salt; process just until combined.
- Add 1/2 cup milk and butter; process using on-off pulses just until blended.
- Drop mounded tablespoons of dumpling mixture into simmering soup.

Place cover on pot. Cook for 12 minutes, or until dumplings are dry in center.

Add turkey meat; cook 3 minutes, or until heated through.

Nutrition Facts

PROTEIN 48.97% **FAT 35.94%** **CARBS 15.09%**

Properties

Glycemic Index:71.45, Glycemic Load:16.09, Inflammation Score:-10, Nutrition Score:44.105217290961%

Flavonoids

Apigenin: 9.54mg, Apigenin: 9.54mg, Apigenin: 9.54mg, Apigenin: 9.54mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 721.34kcal (36.07%), Fat: 28.36g (43.64%), Saturated Fat: 9.59g (59.95%), Carbohydrates: 26.79g (8.93%), Net Carbohydrates: 23.77g (8.64%), Sugar: 5.1g (5.67%), Cholesterol: 292.19mg (97.4%), Sodium: 700.24mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 86.94g (173.88%), Vitamin B3: 31.32mg (156.61%), Vitamin A: 7189.69IU (143.79%), Selenium: 90.24µg (128.92%), Vitamin B6: 2.43mg (121.29%), Vitamin B12: 4.76µg (79.32%), Phosphorus: 793.1mg (79.31%), Vitamin K: 74.63µg (71.07%), Vitamin B2: 0.89mg (52.52%), Zinc: 7.35mg (48.98%), Vitamin B5: 3.51mg (35.07%), Potassium: 1197.17mg (34.2%), Magnesium: 122.38mg (30.59%), Vitamin B1: 0.44mg (29.22%), Iron: 5.11mg (28.41%), Folate: 97.37µg (24.34%), Copper: 0.43mg (21.61%), Manganese: 0.37mg (18.52%), Vitamin C: 14.89mg (18.05%), Calcium: 159.94mg (15.99%), Fiber: 3.02g (12.09%), Vitamin D: 1.31µg (8.77%), Vitamin E: 0.95mg (6.36%)