



## Homemade Turkey Soup

 Dairy Free

READY IN



175 min.

SERVINGS



10

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups carrots sliced
- 1 cup celery stalks sliced
- 1 bay leaves dried
- 2 tablespoons parsley fresh chopped
- 1 cup onion chopped
- 0.5 cup quick-cooking barley uncooked
- 0.5 teaspoon pepper
- 0.3 teaspoon poultry seasoning dried

- 1 teaspoon salt
- 3 cups turkey cooked
- 10 lb turkey cooked
- 12 cups water

## Equipment

- dutch oven

## Directions

- Break up turkey carcass to fit 6-quart Dutch oven.
- Add water, salt, pepper, poultry seasoning and bay leaf.
- Heat to boiling over high heat; reduce heat to low. Cover; simmer 1 hour 30 minutes.
- Skim off any residue that rises to the surface.
- Remove bones, meat and bay leaf from broth; cool. When cool enough to handle, remove meat from bones and cut into bite-size pieces; set aside. Discard bones and bay leaf.
- Skim fat from broth; discard.
- Add turkey meat cut from bones to broth; stir in barley.
- Heat to boiling; reduce heat to low. Cover; simmer 30 minutes, stirring occasionally.
- Stir in carrots, onion, celery and 3 cups cooked turkey. Simmer uncovered 20 to 25 minutes longer, stirring occasionally, until vegetables and barley are tender. Stir in parsley.

## Nutrition Facts



## Properties

Glycemic Index:16.98, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:34.862608878509%

## Flavonoids

Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.13mg, Myricetin:

0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin:  
3.33mg

## Nutrients (% of daily need)

Calories: 547.75kcal (27.39%), Fat: 20.05g (30.85%), Saturated Fat: 5.19g (32.42%), Carbohydrates: 11.56g (3.85%),  
Net Carbohydrates: 8.97g (3.26%), Sugar: 2.02g (2.25%), Cholesterol: 253.35mg (84.45%), Sodium: 664.19mg  
(28.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.6g (155.2%), Vitamin B3: 27.56mg (137.82%),  
Selenium: 78.87µg (112.67%), Vitamin B6: 2.19mg (109.44%), Vitamin B12: 4.29µg (71.55%), Vitamin A: 3522.34IU  
(70.45%), Phosphorus: 680.53mg (68.05%), Zinc: 6.6mg (44.02%), Vitamin B2: 0.68mg (40.28%), Vitamin B5:  
2.98mg (29.83%), Potassium: 933.45mg (26.67%), Magnesium: 104.42mg (26.11%), Iron: 3.47mg (19.28%), Copper:  
0.38mg (19%), Vitamin K: 19.46µg (18.54%), Vitamin B1: 0.21mg (14.07%), Manganese: 0.25mg (12.59%), Fiber: 2.59g  
(10.36%), Folate: 38.57µg (9.64%), Vitamin D: 1.06µg (7.04%), Calcium: 66.45mg (6.65%), Vitamin C: 3.7mg (4.49%),  
Vitamin E: 0.48mg (3.22%)