



Leftover Turkey Soup

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



20 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 carrots sliced
- 1 stalk celery sliced
- 0.5 cup farfalle pasta uncooked (bow-tie pasta)
- 28 oz chicken broth fat-free reduced-sodium canned
- 1 Tbsp oil
- 0.5 cup onions chopped
- 1 env. seasons dressing mix italian good
- 2 cups turkey cubed cooked

2 cups water

Equipment

sauce pan

Directions

- Heat oil in large saucepan on medium heat.
- Add onions, carrots and celery; cook 3 to 5 min. or until crisp-tender, stirring occasionally.
- Stir in broth, water and dressing mix. Bring to boil.
- Add turkey and pasta; cover. Simmer on medium-low heat 10 to 12 min. or until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:1.4426086778226%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 20.42kcal (1.02%), Fat: 0.91g (1.4%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.3g (0.33%), Cholesterol: 4.77mg (1.59%), Sodium: 121.57mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin A: 349.44IU (6.99%), Selenium: 2.65µg (3.78%), Vitamin B3: 0.7mg (3.49%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.13µg (2.23%), Phosphorus: 18.73mg (1.87%), Vitamin B2: 0.02mg (1.24%), Potassium: 38.88mg (1.11%), Manganese: 0.02mg (1.03%), Vitamin B5: 0.1mg (1.02%)