



Leftover Turkey Soup (Slow Cooker)

 Dairy Free

READY IN



620 min.

SERVINGS



8

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 cup carrots chopped
- 0.3 cup celery chopped
- 3 celery stalks halved lengthwise
- 2 quarts chicken broth
- 0.3 cup onion chopped
- 2 cups penne pasta
- 1 turkey carcass

3 cups turkey cooked chopped

Equipment

bowl

slow cooker

Directions

Combine chicken broth, turkey carcass, onion quarters, carrot halves, celery halves, and bay leaves in a slow cooker.

Cook on High for 4 hours. Carefully strain broth, discard solids, and transfer broth to a bowl. Rinse slow cooker.

Pour broth back into slow cooker; add chopped carrots, chopped celery, and chopped onion.

Cook on Low for 3 hours.

Add penne pasta to slow cooker; cook for 2 1/2 more hours.

Mix turkey meat and cream of mushroom soup into soup and cook for 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:22.48, Glycemic Load:9.08, Inflammation Score:-9, Nutrition Score:35.049564978351%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 634.53kcal (31.73%), Fat: 21.24g (32.68%), Saturated Fat: 5.37g (33.55%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.7g (8.25%), Sugar: 3.03g (3.37%), Cholesterol: 263.4mg (87.8%), Sodium: 1297.61mg (56.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.17g (166.34%), Vitamin B3: 28.59mg (142.97%), Selenium: 95.31µg (136.15%), Vitamin B6: 2.22mg (111.23%), Vitamin B12: 4.43µg (73.84%), Phosphorus: 728.51mg

(72.85%), Vitamin A: 2906.15IU (58.12%), Vitamin B2: 0.84mg (49.12%), Zinc: 7.01mg (46.75%), Vitamin B5: 3.12mg (31.2%), Potassium: 983.52mg (28.1%), Magnesium: 110.17mg (27.54%), Manganese: 0.45mg (22.35%), Iron: 3.7mg (20.56%), Copper: 0.4mg (20.23%), Vitamin B1: 0.26mg (17.43%), Folate: 36.3µg (9.08%), Vitamin D: 1.08µg (7.19%), Calcium: 63.81mg (6.38%), Fiber: 1.53g (6.12%), Vitamin E: 0.57mg (3.81%), Vitamin K: 3.83µg (3.65%), Vitamin C: 1.5mg (1.82%)