



Lemon Turkey Soup

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups baby spinach leaves fresh
- 0.8 cup carrots thinly sliced
- 0.5 cup celery chopped
- 1 clove garlic minced
- 4 servings ground pepper fresh black to taste
- 2 tablespoons juice of lemon freshly squeezed
- 2 teaspoons lemon zest
- 1 tablespoon olive oil

- 0.3 cup bell pepper diced red
- 0.5 cup onion red chopped
- 1 pinch sea salt
- 1 cup turkey diced cooked
- 2 cups turkey stock

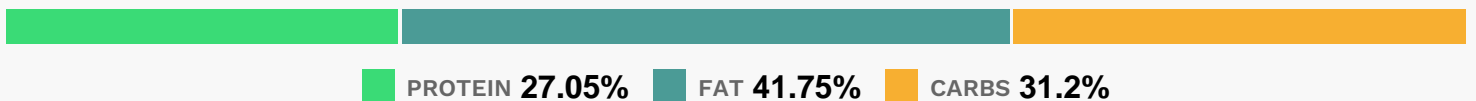
Equipment

- pot

Directions

- Heat olive oil in a pot over medium heat. Cook and stir onion and garlic in hot oil until fragrant, about 2 minutes.
- Add carrots, celery, and red bell pepper; cook and stir until carrots begin to soften, 8 to 10 minutes.
- Pour turkey stock into vegetable mixture and bring to a boil. Reduce heat to low and simmer until flavors blend, about 20 minutes.
- Stir cooked turkey, lemon juice, and lemon zest into turkey stock mixture; simmer until heated through, about 5 minutes.
- Add spinach leaves, salt, and black pepper; simmer until spinach wilts and turns bright green, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:16.989130300024%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Isorhamnetin: 1mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 138.34kcal (6.92%), Fat: 6.54g (10.07%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 9.03g (3.28%), Sugar: 4.86g (5.4%), Cholesterol: 21.44mg (7.15%), Sodium: 246.84mg (10.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.54g (19.08%), Vitamin A: 5880.87IU (117.62%), Vitamin K: 82.53µg (78.6%), Vitamin C: 28.06mg (34.01%), Vitamin B3: 4.31mg (21.56%), Vitamin B6: 0.37mg (18.38%), Folate: 57.04µg (14.26%), Vitamin B2: 0.21mg (12.64%), Potassium: 442.3mg (12.64%), Manganese: 0.25mg (12.54%), Selenium: 8.36µg (11.94%), Phosphorus: 107.25mg (10.72%), Vitamin E: 1.27mg (8.5%), Fiber: 1.97g (7.9%), Magnesium: 31.51mg (7.88%), Vitamin B1: 0.1mg (6.9%), Copper: 0.13mg (6.67%), Iron: 1.12mg (6.21%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.3µg (5.05%), Calcium: 43.2mg (4.32%), Vitamin B5: 0.39mg (3.91%)