

# Lemony Turkey Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



**20 min.**

SERVINGS



**8**

CALORIES



**138 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 cups chicken broth divided
- 10 ounces cream of chicken soup undiluted canned
- 2 cups rice cooked
- 2 tablespoons cornstarch
- 0.3 cup cilantro leaves fresh minced
- 0.3 cup juice of lemon
- 0.3 teaspoon pepper
- 2 cups turkey diced cooked

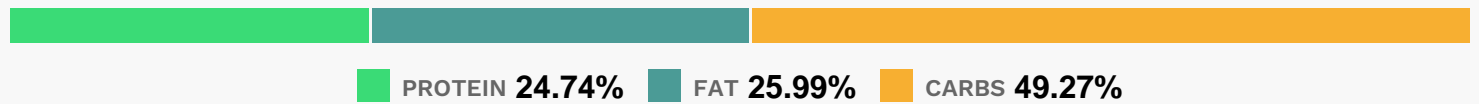
# Equipment

- bowl
- sauce pan

# Directions

- In a large saucepan, combine 5-1/2 cups of broth, soup, rice, turkey and pepper. Bring to a boil; boil for 3 minutes.
- In a small bowl, combine cornstarch and remaining broth until smooth. Gradually stir into hot soup. Cook and stir for 1-2 minutes or until thickened and heated through.
- Remove from the heat; stir in lemon juice and cilantro.

# Nutrition Facts



# Properties

Glycemic Index:27, Glycemic Load:13.06, Inflammation Score:-2, Nutrition Score:5.4065217375755%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

# Nutrients (% of daily need)

Calories: 138.43kcal (6.92%), Fat: 3.95g (6.08%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 16.62g (6.04%), Sugar: 1.18g (1.31%), Cholesterol: 24.25mg (8.08%), Sodium: 931.38mg (40.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Manganese: 0.31mg (15.33%), Selenium: 9.7µg (13.86%), Vitamin B3: 2.59mg (12.96%), Vitamin B2: 0.17mg (10.2%), Vitamin B6: 0.19mg (9.5%), Phosphorus: 81.7mg (8.17%), Copper: 0.12mg (6.12%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.34µg (5.64%), Iron: 0.82mg (4.57%), Vitamin B5: 0.45mg (4.53%), Vitamin B1: 0.06mg (4.25%), Vitamin C: 3.12mg (3.78%), Magnesium: 14.89mg (3.72%), Potassium: 129.93mg (3.71%), Vitamin K: 3.11µg (2.96%), Vitamin A: 116.48IU (2.33%), Vitamin E: 0.32mg (2.16%), Calcium: 19.8mg (1.98%), Folate: 5.48µg (1.37%)