



Next Day Turkey Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic crushed finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 carrots finely chopped
- ☐ 1 stalk celery finely chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 64 oz chicken broth
- ☐ 1 bay leaves

- ☐ 2 cups green beans cut into 1-inch pieces*
- ☐ 1 sweet potatoes and into diced
- ☐ 0.5 cup pasta such as orzo or pastina uncooked
- ☐ 3 cups turkey meat dark diced cooked

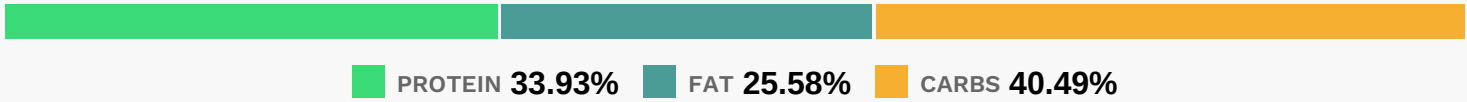
Equipment

- ☐ pot

Directions

- ☐ In a large soup pot, heat garlic in the olive oil. Allow to brown slightly and add onion, carrot and celery. Cover; sweat over medium-low heat until softened, 7 or 8 minutes.
- ☐ Add the chopped sage to the soup pot along with the broth and the bay leaf. Bring to a simmer. When simmering, add the green beans, sweet potato and pasta to the soup. Bring it back up to a simmer; lower heat and cook for about 10 minutes or until vegetables are tender and pasta is cooked. Stir in turkey. Turn the heat off. Cover, and allow to sit and steam for 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:9.08, Inflammation Score:-10, Nutrition Score:22.334782691106%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 247kcal (12.35%), Fat: 7.12g (10.95%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 21.93g (7.97%), Sugar: 5.97g (6.64%), Cholesterol: 52.95mg (17.65%), Sodium: 1240.8mg (53.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.24g (42.47%), Copper: 3.23mg (161.56%), Vitamin A: 7353.68IU (147.07%), Vitamin B3: 6.96mg (34.81%), Vitamin B6: 0.64mg (32.02%), Selenium: 17.75µg (25.35%),

Manganese: 0.49mg (24.33%), Vitamin B2: 0.39mg (23%), Vitamin K: 22.64µg (21.56%), Phosphorus: 189.13mg (18.91%), Vitamin B12: 0.93µg (15.47%), Potassium: 508.28mg (14.52%), Fiber: 3.42g (13.66%), Zinc: 1.8mg (11.97%), Vitamin B1: 0.18mg (11.96%), Iron: 2.12mg (11.8%), Magnesium: 46.26mg (11.57%), Vitamin B5: 1.07mg (10.75%), Vitamin C: 7.86mg (9.53%), Vitamin E: 1.19mg (7.96%), Folate: 29.02µg (7.25%), Calcium: 63.45mg (6.35%)