



Online Round 2 - Turkey Soup



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 1 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 0.3 cup parsley leaves fresh chopped
- ☐ 3 sprigs thyme leaves fresh
- ☐ 1 tablespoon garlic chopped

- ☐ 8 servings kosher salt
- ☐ 1 medium onion chopped
- ☐ 1 parsnips sliced cut in half and
- ☐ 8 servings reserved turkey with spicy herb oil

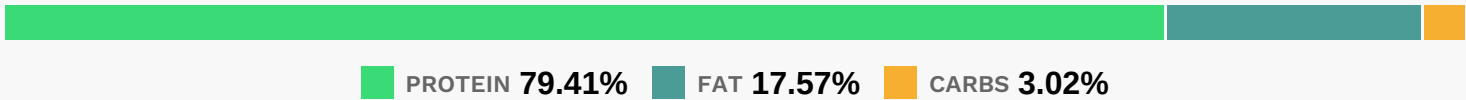
Equipment

- ☐ pot

Directions

- ☐ In a large pot over high heat, add the turkey parts and cover with 4 quarts water.
- ☐ Add the thyme, bay leaves, and a big pinch of salt and bring to a boil. Reduce the heat to simmer, skimming any scum that rises to the surface. Cook until the turkey is cooked through and the liquid has reduced a bit, about 45 minutes.
- ☐ Remove the turkey from the pot. When it is cool enough to handle, shred the meat and discard the skin and bones. Strain the broth.
- ☐ Wipe out the pot, put it over medium-high heat, and add the oil. When it is hot, add the onions, celery, carrot, and parsnip, season with salt and pepper, and cook until softened, 7 to 8 minutes.
- ☐ Add the garlic and cook for another minute.
- ☐ Add the turkey broth and bring to a simmer.
- ☐ Add the meat to the pot and let it simmer to warm through, about 10 minutes.
- ☐ Remove from the heat and stir in the parsley just before serving.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:2.03, Inflammation Score:-9, Nutrition Score:43.880435052125%

Flavonoids

Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 846.17kcal (42.31%), Fat: 16.59g (25.52%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 4.7g (1.71%), Sugar: 2.42g (2.69%), Cholesterol: 421.2mg (140.4%), Sodium: 1817.62mg (79.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 168.69g (337.38%), Vitamin B3: 77.71mg (388.53%), Vitamin B6: 6.11mg (305.65%), Selenium: 177.68µg (253.82%), Phosphorus: 1866.81mg (186.68%), Vitamin B12: 4.91µg (81.9%), Zinc: 10.35mg (69%), Vitamin B2: 1.16mg (68.21%), Vitamin B5: 6.24mg (62.4%), Potassium: 2048.91mg (58.54%), Magnesium: 206mg (51.5%), Vitamin K: 41.78µg (39.79%), Vitamin A: 1652.96IU (33.06%), Iron: 4.62mg (25.66%), Copper: 0.45mg (22.53%), Folate: 78.35µg (19.59%), Vitamin B1: 0.29mg (19.48%), Calcium: 132.54mg (13.25%), Manganese: 0.24mg (12.18%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.47mg (9.77%), Fiber: 1.72g (6.9%), Vitamin D: 0.78µg (5.2%)