



Ottoman Empire Yogurt Soup

 Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley
- ☐ 1 quart chicken stock see
- ☐ 2 large egg yolks
- ☐ 0.3 cup flour all-purpose
- ☐ 1 small handful mint leaves fresh chopped
- ☐ 1 tablespoon kosher salt
- ☐ 1 teaspoon paprika traditional or Kirmizi biber or Aleppo pepper if available
- ☐ 3 cups yogurt plain

☐ 6 tablespoons butter unsalted

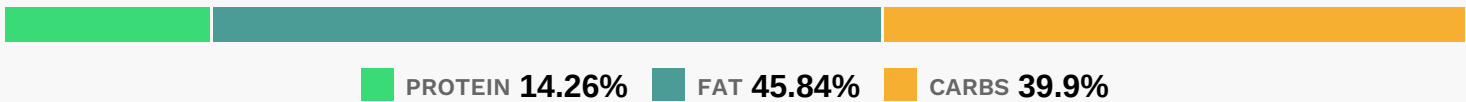
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Melt 4 tablespoons of the butter over medium heat in a Dutch oven or other large, heavy pot. Just as the foam subsides, add the flour, stirring constantly with a wooden spoon or whisk to prevent lumps.
- ☐ Pour in the chicken stock and continue to stir well. Bring the mixture to a simmer, and then add the barley and the salt. Reduce the heat to medium-low flame, cover, and cook for about 25 to 30 minutes, or until the barley is tender.
- ☐ In a large mixing bowl, blend together the yogurt and egg yolks until smooth.
- ☐ After the barley has softened, lower the heat and gradually whisk the yogurt mixture into the barley and cook just until it is ready to boil.
- ☐ For the finishing touch, melt the remaining 2 tablespoons of butter in a saute pan. When the butter is foamy, mix in the mint and paprika.
- ☐ Let this turn golden and stir it into the soup.
- ☐ Serve the soup piping hot.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:15.24, Inflammation Score:-7, Nutrition Score:22.341739053312%

Flavonoids

Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 568.59kcal (28.43%), Fat: 29.31g (45.1%), Saturated Fat: 16.46g (102.87%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 48.97g (17.81%), Sugar: 12.79g (14.21%), Cholesterol: 167.94mg (55.98%), Sodium: 2187.53mg (95.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.04%), Manganese: 0.98mg (49.23%), Selenium: 34.31µg (49.02%), Phosphorus: 408.74mg (40.87%), Vitamin B2: 0.69mg (40.65%), Vitamin B1: 0.51mg (34.18%), Fiber: 8.42g (33.69%), Vitamin B3: 6.54mg (32.7%), Calcium: 266.95mg (26.7%), Magnesium: 96.85mg (24.21%), Potassium: 779.61mg (22.27%), Vitamin A: 1037.22IU (20.74%), Copper: 0.4mg (20.21%), Zinc: 3mg (19.97%), Vitamin B6: 0.4mg (19.75%), Iron: 3mg (16.64%), Folate: 62.05µg (15.51%), Vitamin B12: 0.88µg (14.69%), Vitamin B5: 1.16mg (11.64%), Vitamin E: 1.35mg (8.97%), Vitamin D: 0.96µg (6.39%), Vitamin K: 3.93µg (3.75%), Vitamin C: 1.71mg (2.08%)