



Perky turkey soup



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 large onion halved sliced into thin strips
- ☐ 1 bell pepper red seeded sliced into thin strips
- ☐ 2 tsp ground coriander
- ☐ 0.3 pepper
- ☐ 3 tbsp rice long grain
- ☐ 1.5 l chicken stock see hot
- ☐ 250 g turkey meat cut into thin strips (leg meat will have the most flavour)

☐ 410 g chickpeas drained and rinsed canned

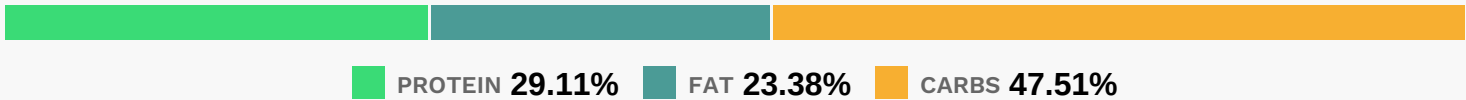
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large pan, add the onion and fry for 5 minutes or so, stirring every now and then until it starts to soften.
- ☐ To make the soup, add the red pepper, ground coriander, chilli and rice and stir round the pan for about a minute.
- ☐ Pour in the hot stock, stir in the turkey and chickpeas and season well. Bring to the boil, cover and simmer for 8–10 minutes, until the vegetables and rice are tender. Stir in the coriander or parsley and its ready. (The soup may now be cooled and frozen for up to 1 month.)

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:11.71, Inflammation Score:-9, Nutrition Score:28.780869486539%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 471.88kcal (23.59%), Fat: 12.29g (18.9%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 46.62g (16.95%), Sugar: 13.83g (15.36%), Cholesterol: 53.29mg (17.76%), Sodium: 628.64mg (27.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.43g (68.85%), Manganese: 1.28mg (64.14%), Vitamin B3: 12.14mg (60.72%), Folate: 221.39µg (55.35%), Vitamin C: 43.14mg (52.29%), Vitamin B6: 0.93mg (46.6%), Phosphorus: 428.72mg (42.87%), Selenium: 28.41µg (40.59%), Fiber: 9.58g (38.3%), Copper: 0.67mg (33.43%), Vitamin B2: 0.55mg (32.44%), Potassium: 986.41mg (28.18%), Iron: 4.76mg (26.45%), Zinc: 3.55mg (23.68%), Magnesium: 94.36mg (23.59%), Vitamin B1: 0.33mg (21.77%), Vitamin A: 991.91IU (19.84%), Vitamin B12: 0.77µg (12.92%), Vitamin B5: 1.07mg (10.74%), Vitamin E: 1.53mg (10.17%), Calcium: 88.76mg (8.88%), Vitamin K:

8.59μg (8.18%)