



Slow-Cooker Smoked Turkey-Lentil Soup

 Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups vegetable stock organic
- ☐ 8 oz lentils dried rinsed
- ☐ 8 oz celery refrigerated
- ☐ 2 teaspoons oregano dried fresh chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 8 oz turkey legs smoked
- ☐ 1 serving greek yogurt plain fat-free
- ☐ 1 sprigs oregano fresh

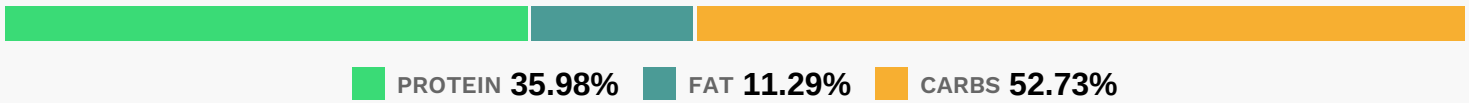
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Spray 3- to 4-quart slow cooker with cooking spray. In slow cooker, stir together broth, lentils, prechopped vegetables, oregano and pepper; add turkey leg.
- ☐ Cover; cook on Low heat setting 8 to 10 hours or until lentils are tender and turkey falls off bone.
- ☐ Remove turkey leg from slow cooker.
- ☐ Remove and discard skin. Shred meat; discard bone. Return meat to slow cooker; stir well. Ladle soup into 8 bowls; garnish with yogurt and oregano sprigs.

Nutrition Facts



Properties

Glycemic Index:17.95, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:13.310434673143%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 164.29kcal (8.21%), Fat: 2.06g (3.17%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 12.19g (4.43%), Sugar: 3.3g (3.67%), Cholesterol: 17.96mg (5.99%), Sodium: 756.01mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.76g (29.53%), Folate: 151.9µg (37.98%), Fiber: 9.45g (37.8%), Manganese: 0.47mg (23.35%), Phosphorus: 211.62mg (21.16%), Vitamin B1: 0.28mg (18.57%), Iron: 2.9mg (16.14%), Selenium: 11.19µg (15.99%), Zinc: 2.27mg (15.15%), Vitamin B6: 0.28mg (13.91%), Vitamin K: 14.59µg (13.9%), Potassium: 455.05mg (13%), Magnesium: 47.63mg (11.91%), Vitamin B2: 0.2mg (11.77%), Vitamin A: 528.91IU

(10.58%), Vitamin B5: 1.02mg (10.24%), Copper: 0.2mg (10.06%), Vitamin B3: 1.61mg (8.06%), Calcium: 71.5mg (7.15%), Vitamin B12: 0.27µg (4.45%), Vitamin C: 2.14mg (2.6%), Vitamin E: 0.36mg (2.37%)