



Slow-Cooker Smoked Turkey-Lentil Soup

 Gluten Free

READY IN



490 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

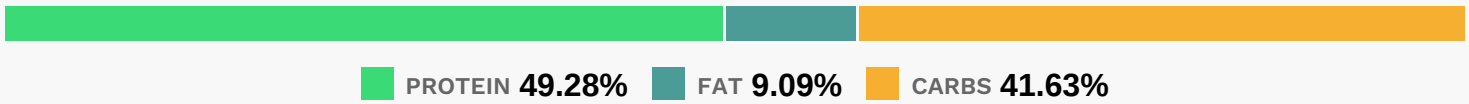
Equipment

- ☐ 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:17.33, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:19.74391314776%

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: 269.71kcal (13.49%), Fat: 2.68g (4.13%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 27.66g (9.22%), Net Carbohydrates: 18.42g (6.7%), Sugar: 9g (10.01%), Cholesterol: 26.71mg (8.9%), Sodium: 818.88mg (35.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.74g (65.49%), Phosphorus: 448.88mg (44.89%), Folate: 162.97µg (40.74%), Selenium: 28.5µg (40.71%), Vitamin B2: 0.69mg (40.54%), Fiber: 9.24g (36.95%), Calcium: 257.76mg (25.78%), Vitamin B12: 1.49µg (24.86%), Manganese: 0.46mg (22.89%), Zinc: 3.19mg (21.25%), Vitamin B1: 0.32mg (21.08%), Potassium: 695.5mg (19.87%), Vitamin B6: 0.38mg (19.25%), Magnesium: 65.53mg (16.38%), Vitamin B5: 1.6mg (15.99%), Iron: 2.84mg (15.8%), Copper: 0.23mg (11.39%), Vitamin K: 11.48µg (10.94%), Vitamin A: 527.4IU (10.55%), Vitamin B3: 1.96mg (9.79%), Vitamin C: 2.13mg (2.58%), Vitamin E: 0.28mg (1.88%)