



HEALTH SCORE

68%

Smoked Turkey and Bacon Chowder with Pumpernickel and Cranberry Croutons



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounces applewood-smoked bacon divided chopped
- ☐ 24 small brussels sprouts fresh
- ☐ 3 cups carrots chopped
- ☐ 10 servings cayenne pepper
- ☐ 4 cups celery chopped
- ☐ 10 servings pumpernickel and cranberry croutons
- ☐ 12 large garlic cloves peeled

- ☐ 12 cups low-salt chicken broth ()
- ☐ 5 cups onions chopped
- ☐ 24 pearl onions
- ☐ 2 pounds russet potatoes diced peeled
- ☐ 1 strips sage fresh very thin
- ☐ 2 tablespoons tomato paste
- ☐ 4 turkey legs smoked
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ pot

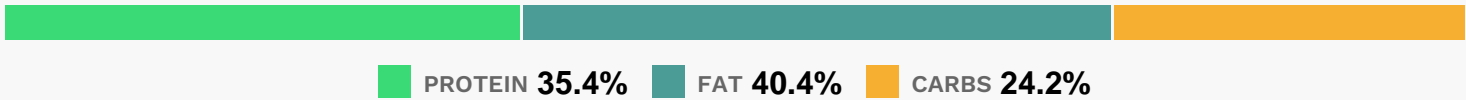
Directions

- ☐ Heat oil in large pot over medium-high heat.
- ☐ Add turkey; sauté until brown on all sides, about 8 minutes.
- ☐ Transfer to plate.
- ☐ Add 1 cup bacon to pot; stir 1 minute.
- ☐ Add next 5 ingredients. Sauté until vegetables begin to soften, about 15 minutes.
- ☐ Mix in tomato paste.
- ☐ Add 12 cups broth; return turkey to pot. Bring to boil. Reduce heat to medium. Simmer until turkey and vegetables are very tender, about 45 minutes.
- ☐ Transfer turkey to large plate; cool.
- ☐ Cut meat into bite-size pieces, discarding all skin, bones, and tendons. Working in batches, puree chowder in processor until smooth. Return puree to same pot; add diced turkey. Thin chowder with more broth by 1/4 cupfuls if too thick. Season with cayenne, salt, and pepper. DO AHEAD Can be made 2 days ahead. Chill uncovered until cold, then cover and keep

chilled. Rewarm before serving.

- ☐ Cook onions and brussels sprouts in pan of boiling salted water until tender, about 5 minutes.
- ☐ Drain; peel onions.
- ☐ Cut onions and brussels sprouts in half through core. do ahead Can be made 2 days ahead. Cover and chill.
- ☐ Sauté 1 cup bacon in skillet over medium heat until crisp.
- ☐ Transfer to paper towels.
- ☐ Pour off all but 1 tablespoon drippings.
- ☐ Add onions and brussels sprouts to skillet. Toss until heated through.
- ☐ Ladle chowder into bowls. Top with onions, brussels sprouts, bacon, and fresh sage.
- ☐ Serve Croutons alongside or on top of chowder.

Nutrition Facts



Properties

Glycemic Index:42.86, Glycemic Load:19.41, Inflammation Score:-10, Nutrition Score:49.930434838585%

Flavonoids

Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 7.62mg, Isorhamnetin: 7.62mg, Isorhamnetin: 7.62mg, Isorhamnetin: 7.62mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 32.03mg, Quercetin: 32.03mg, Quercetin: 32.03mg, Quercetin: 32.03mg

Nutrients (% of daily need)

Calories: 769.64kcal (38.48%), Fat: 34.85g (53.61%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 38.96g (14.17%), Sugar: 11.37g (12.64%), Cholesterol: 211.06mg (70.35%), Sodium: 587.41mg (25.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.7g (137.39%), Vitamin A: 7844.21IU (156.88%), Selenium: 80.5µg (115%), Vitamin K: 106.89µg (101.8%), Vitamin B6: 1.8mg (90.19%), Phosphorus: 769.06mg (76.91%), Vitamin B3: 15.32mg (76.59%), Vitamin C: 62.05mg (75.21%), Zinc: 9.97mg (66.45%), Potassium: 2133.37mg (60.95%), Vitamin B2: 0.87mg (50.99%), Copper: 0.91mg (45.58%), Iron: 7.66mg (42.57%), Vitamin B5: 3.95mg (39.46%), Manganese: 0.77mg (38.52%), Vitamin B1: 0.55mg (36.69%), Fiber: 8.02g (32.09%), Magnesium: 124.39mg (31.1%), Folate: 122.26µg (30.56%), Vitamin B12: 1.48µg (24.69%), Calcium: 165.19mg (16.52%), Vitamin E: 1.88mg (12.57%)