



## Smoked Turkey and Lentil Vegetable Soup

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil
- 0.5 cup onion chopped
- 1 cup carrots thinly sliced
- 1 cup celery stalks sliced
- 32 oz chicken broth reduced-sodium (4 cups)
- 1.5 cups water
- 1 cup lentils dried rinsed
- 1 teaspoon basil dried

- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 8 oz turkey smoked cut into 1/2-inch cubes (1 1/2 cups)
- 9 oz spinach frozen thawed

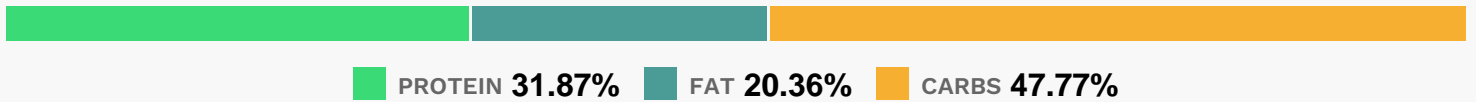
## Equipment

- dutch oven

## Directions

- In 4-quart Dutch oven, heat oil over medium-high heat. Cook onion in oil 2 minutes, stirring occasionally.
- Add carrots and celery; cook 2 minutes longer, stirring occasionally. Stir in all remaining ingredients except turkey and spinach.
- Heat to boiling; reduce heat. Cover and simmer 15 to 20 minutes, stirring occasionally, until lentils are tender. Stir in turkey and spinach; simmer 2 to 3 minutes longer or until turkey is hot.

## Nutrition Facts



## Properties

Glycemic Index:27.07, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:27.036521644696%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 209.87kcal (10.49%), Fat: 4.85g (7.46%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 25.6g (8.53%), Net Carbohydrates: 13.43g (4.88%), Sugar: 3.4g (3.78%), Cholesterol: 22.35mg (7.45%), Sodium: 850mg (36.96%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.08g (34.17%), Vitamin A: 8658.42IU (173.17%), Vitamin K: 172.25µg (164.05%), Folate: 230µg (57.5%), Fiber: 12.17g (48.68%), Manganese: 0.89mg (44.51%), Vitamin B1: 0.39mg (25.86%), Phosphorus: 236.28mg (23.63%), Vitamin B6: 0.47mg (23.35%), Magnesium: 86.82mg (21.71%), Iron: 3.84mg (21.32%), Vitamin B2: 0.33mg (19.37%), Potassium: 677.1mg (19.35%), Vitamin B3: 3.72mg (18.58%), Selenium: 11.69µg (16.71%), Zinc: 2.47mg (16.44%), Copper: 0.31mg (15.28%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 1.07mg (10.75%), Calcium: 104.61mg (10.46%), Vitamin C: 6.52mg (7.9%), Vitamin B12: 0.36µg (5.96%)