

 **100%**
HEALTH SCORE

Smoked Turkey-Bean Soup

 Dairy Free  Very Healthy

READY IN

**45 min.**

SERVINGS

**6**

CALORIES

**342 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 47.4 ounce cannellini beans rinsed drained canned
- ☐ 0.8 cup carrots chopped
- ☐ 0.3 cup celery chopped
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 14.5 ounce reduced sodium chicken broth fat-free canned
- ☐ 6 servings try build-a-meal

- ☐ 10 ounce turkey leg smoked whole
- ☐ 2 cups water
- ☐ 2 teaspoons citrus champagne vinegar

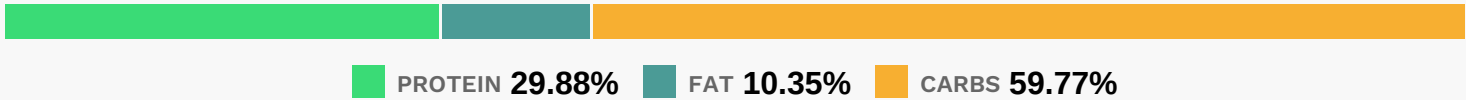
Equipment

- ☐ dutch oven

Directions

- ☐ Combine all ingredients except vinegar in a Dutch oven. Bring to a boil; reduce heat, and simmer, uncovered, 1 hour and 15 minutes. Stir in vinegar; discard bay leaf.
- ☐ Remove turkey leg from soup; discard skin.
- ☐ Remove meat from bone; discard bone. Shred meat into bite-size pieces.
- ☐ Add turkey to soup.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:22.789130436338%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 341.72kcal (17.09%), Fat: 4.02g (6.18%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 40.1g (14.58%), Sugar: 1.76g (1.96%), Cholesterol: 27.84mg (9.28%), Sodium: 77.85mg (3.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin A: 2695.03IU (53.9%), Manganese: 1.06mg (52.76%), Folate: 193.88µg (48.47%), Fiber: 12.08g (48.32%), Phosphorus: 413.57mg (41.36%), Magnesium: 131.02mg (32.76%), Potassium: 1052.57mg (30.07%), Selenium: 20.18µg (28.83%), Iron: 4.52mg (25.11%), Vitamin B1: 0.37mg (24.95%), Copper: 0.49mg (24.32%), Vitamin B6: 0.43mg (21.57%), Zinc: 2.88mg (19.2%), Vitamin B3: 3.38mg (16.89%), Vitamin B2: 0.26mg (15.18%), Calcium: 143.2mg (14.32%), Vitamin B5: 1.14mg (11.45%), Vitamin C:

5.48mg (6.64%), Vitamin B12: 0.22µg (3.69%), Vitamin K: 3.62µg (3.45%)