



Smoked Turkey-Bean Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



338 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
- ☐ 10 ounce turkey leg smoked whole

- ☐ 2 cups water
- ☐ 2 teaspoons citrus champagne vinegar

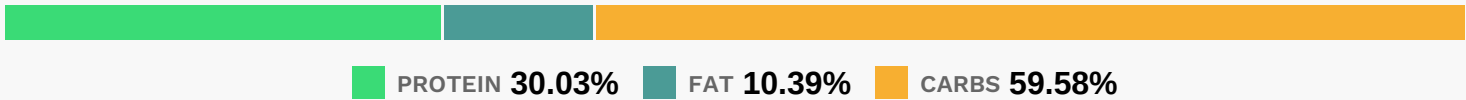
Equipment

- ☐ 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:-9, Nutrition Score:22.406521851602%

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: 338.48kcal (16.92%), Fat: 3.99g (6.14%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 51.49g (17.16%), Net Carbohydrates: 39.64g (14.41%), Sugar: 1.75g (1.95%), Cholesterol: 27.84mg (9.28%), Sodium: 77.84mg (3.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.95g (51.9%), Vitamin A: 2694.92IU (53.9%), Manganese: 0.99mg (49.41%), Folate: 193.73µg (48.43%), Fiber: 11.85g (47.42%), Phosphorus: 407.25mg (40.72%), Magnesium: 128.54mg (32.14%), Potassium: 1045.27mg (29.86%), Selenium: 19.67µg (28.1%), Iron: 4.46mg (24.75%), Vitamin B1: 0.37mg (24.75%), Copper: 0.48mg (23.97%), Vitamin B6: 0.43mg (21.37%), Zinc: 2.82mg (18.83%), Vitamin B3: 3.32mg (16.61%), Vitamin B2: 0.25mg (15%), Calcium: 142.64mg (14.26%), Vitamin B5: 1.13mg (11.3%), Vitamin C: 5.48mg (6.64%), Vitamin B12: 0.22µg (3.69%), Vitamin K: 3.56µg (3.39%)