



Smoked Turkey-Lentil Soup



Gluten Free



Dairy Free

READY IN



485 min.

SERVINGS



8

CALORIES



148 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce celery refrigerated
- ☐ 0.5 pound lentils dried rinsed drained
- ☐ 2 teaspoons oregano fresh chopped
- ☐ 8 ounce turkey legs smoked
- ☐ 6 cups vegetable stock organic

Equipment

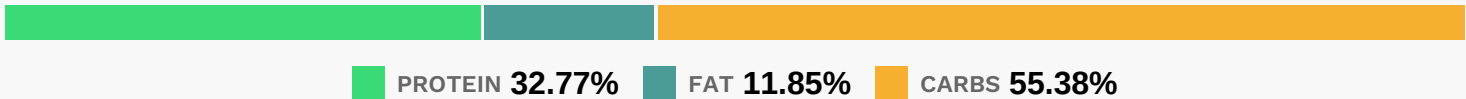
- ☐ bowl

- ☐ ladle
- ☐ slow cooker

Directions

- ☐ Place first 6 ingredients in a 3- to 4-quart electric slow cooker. Cover and cook on LOW 8 to 10 hours or until lentils are tender and turkey falls off the bone.
- ☐ Remove turkey leg from cooker.
- ☐ Remove and discard skin. Shred meat; return to cooker, discarding bone. Ladle soup into bowls; garnish with yogurt and oregano sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:3.22, Inflammation Score:-8, Nutrition Score:12.12608692957%

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: 148.38kcal (7.42%), Fat: 1.96g (3.01%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 11.21g (4.08%), Sugar: 2.47g (2.75%), Cholesterol: 16.71mg (5.57%), Sodium: 746.94mg (32.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Folate: 149.56µg (37.39%), Fiber: 9.34g (37.38%), Manganese: 0.45mg (22.62%), Vitamin B1: 0.27mg (18.17%), Phosphorus: 177.25mg (17.72%), Iron: 2.8mg (15.53%), Zinc: 2.13mg (14.23%), Vitamin B6: 0.26mg (12.98%), Selenium: 8.71µg (12.44%), Vitamin K: 13.04µg (12.42%), Potassium: 416.65mg (11.9%), Magnesium: 44.21mg (11.05%), Vitamin A: 523.65IU (10.47%), Copper: 0.2mg (9.76%), Vitamin B5: 0.94mg (9.39%), Vitamin B3: 1.55mg (7.74%), Vitamin B2: 0.13mg (7.56%), Calcium: 39.75mg (3.98%), Vitamin C: 2.14mg (2.59%), Vitamin E: 0.31mg (2.05%), Vitamin B12: 0.09µg (1.53%)