



Smoked Turkey Split Pea Soup

 **Gluten Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



8

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 carrots diced peeled
- 1 tablespoon basil dried
- 1 tablespoon parsley dried
- 2 cloves garlic chopped
- 1 tablespoon coarsely ground pepper black
- 1 teaspoon ground sage
- 1 teaspoon kosher salt

- 6 cups beef broth low-sodium
- 1 tablespoon olive oil
- 2 small potatoes diced peeled
- 2 teaspoons pepper flakes red crushed
- 2.5 tablespoons cup heavy whipping cream sour for garnish
- 2 tablespoons soya sauce
- 2 pounds peas dried split
- 2.5 pounds turkey legs smoked
- 1 onion diced yellow

Equipment

- bowl
- ladle
- pot
- blender

Directions

- Heat the oil in a large pot over medium-high heat. Cook the onion in the hot oil until translucent, about 5 minutes; stir in the garlic and cook another 30 seconds.
- Pour in the beef broth; add split peas, carrot, potatoes, soy sauce, basil, black pepper, parsley, red pepper flakes, sage, kosher salt, and bay leaves.
- Place the smoked turkey legs into the pot and pour in enough water to cover the peas by about 1 inch. Push the meaty ends of the turkey legs down into the liquid. Bring to a boil, cover, reduce heat to medium-low, and simmer until the peas have softened, about 45 minutes.
- Remove the turkey legs from the soup and set aside to cool. When cool enough to handle, strip the meat from the bones and tendons, finely chop the turkey meat, and set aside. Using a stick blender, puree the soup to your desired degree of smoothness. Stir the turkey meat back into the soup. Ladle into bowls and top each with a dollop of sour cream.

Nutrition Facts



■ PROTEIN **34.41%** ■ FAT **16.51%** ■ CARBS **49.08%**

Properties

Glycemic Index:29.32, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:42.07608724677%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 640.72kcal (32.04%), Fat: 11.91g (18.32%), Saturated Fat: 3.29g (20.53%), Carbohydrates: 79.69g (26.56%), Net Carbohydrates: 48.71g (17.71%), Sugar: 10.63g (11.81%), Cholesterol: 85.74mg (28.58%), Sodium: 995.67mg (43.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.86g (111.71%), Fiber: 30.98g (123.92%), Manganese: 1.91mg (95.66%), Folate: 336.74µg (84.19%), Phosphorus: 669.19mg (66.92%), Vitamin B1: 0.97mg (64.48%), Copper: 1.24mg (62.03%), Potassium: 2074.17mg (59.26%), Zinc: 7.34mg (48.91%), Selenium: 33.55µg (47.93%), Iron: 8.24mg (45.79%), Magnesium: 176.22mg (44.05%), Vitamin B6: 0.79mg (39.6%), Vitamin B3: 7.59mg (37.93%), Vitamin B5: 3.5mg (34.95%), Vitamin A: 1634.08IU (32.68%), Vitamin B2: 0.55mg (32.11%), Vitamin K: 33.38µg (31.79%), Vitamin C: 12.48mg (15.13%), Calcium: 118.83mg (11.88%), Vitamin B12: 0.47µg (7.78%), Vitamin E: 0.7mg (4.68%)