



Smoked Turkey Wild Rice Soup

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots sliced
- ☐ 2 bay leaves
- ☐ 2 stalks celery chopped
- ☐ 1 small inner stalk of celery with leaves, chopped
- ☐ 4 cubes chicken bouillon knorr® (such as)
- ☐ 1 teaspoon marjoram dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced

- ☐ 1 tablespoon garlic powder
- ☐ 2 teaspoons ground pepper black
- ☐ 1 quart half-and-half
- ☐ 1 onion quartered
- ☐ 1 tablespoon onion powder
- ☐ 2 turkey legs smoked
- ☐ 8 cups water
- ☐ 1 cup rice wild uncooked

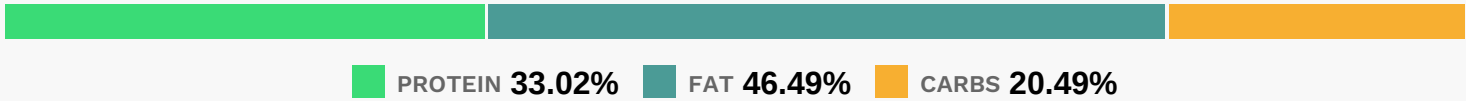
Equipment

- ☐ pot

Directions

- ☐ Place the turkey legs, water, bouillon cubes, onion, celery, carrots, garlic, bay leaves, garlic powder, onion powder, black pepper, thyme, marjoram, and curry powder in a soup pot; bring to a boil. Reduce heat and simmer for 30 minutes.
- ☐ Stir in the wild rice. Simmer the soup at least 1 hour.
- ☐ Remove the turkey legs and strip the meat from the bones and tendons. Chop the meat and return it to the soup.
- ☐ Pour in the half-and-half and heat to just below a simmer; cook on low heat for about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:10.92, Inflammation Score:-10, Nutrition Score:32.570000109465%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 655.87kcal (32.79%), Fat: 33.73g (51.9%), Saturated Fat: 15.82g (98.88%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 30.06g (10.93%), Sugar: 9.29g (10.32%), Cholesterol: 215.49mg (71.83%), Sodium: 314.23mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.91g (107.82%), Selenium: 66.41µg (94.87%), Vitamin A: 3588.76IU (71.78%), Phosphorus: 691.85mg (69.19%), Zinc: 9.42mg (62.78%), Vitamin B6: 1.05mg (52.6%), Vitamin B2: 0.88mg (51.7%), Vitamin B3: 8.84mg (44.22%), Vitamin B5: 3.38mg (33.79%), Potassium: 1094.21mg (31.26%), Manganese: 0.62mg (31.13%), Magnesium: 123.26mg (30.81%), Copper: 0.59mg (29.3%), Iron: 5.18mg (28.77%), Calcium: 252.95mg (25.29%), Vitamin B12: 1.18µg (19.67%), Vitamin B1: 0.28mg (18.96%), Folate: 69.01µg (17.25%), Fiber: 3.37g (13.49%), Vitamin K: 12.86µg (12.25%), Vitamin C: 4.47mg (5.42%), Vitamin E: 0.69mg (4.58%)