



Smoked Turkey Wild Rice Soup

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



657 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 curry powder
- ☐ 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

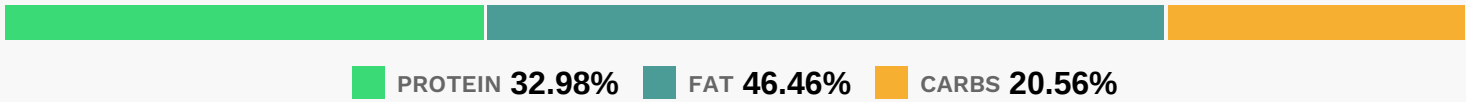
Equipment

- ☐ 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:36.5, Glycemic Load:10.92, Inflammation Score:-10, Nutrition Score:32.745652074399%

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: 656.95kcal (32.85%), Fat: 33.78g (51.97%), Saturated Fat: 15.83g (98.93%), Carbohydrates: 33.63g (11.21%), Net Carbohydrates: 30.15g (10.96%), Sugar: 9.3g (10.33%), Cholesterol: 215.49mg (71.83%), Sodium: 314.4mg (13.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.95g (107.9%), Selenium: 66.46µg (94.95%), Vitamin A: 3592.04IU (71.84%), Phosphorus: 693.02mg (69.3%), Zinc: 9.43mg (62.87%), Vitamin B6: 1.06mg (52.79%), Vitamin B2: 0.88mg (51.75%), Vitamin B3: 8.86mg (44.28%), Vitamin B5: 3.38mg (33.79%), Manganese: 0.64mg (31.85%), Potassium: 1099.35mg (31.41%), Magnesium: 124.1mg (31.03%), Copper: 0.59mg (29.44%), Iron: 5.28mg (29.31%), Calcium: 254.54mg (25.45%), Vitamin B12: 1.18µg (19.67%), Vitamin B1: 0.29mg (19.01%), Folate: 69.52µg (17.38%), Fiber: 3.48g (13.93%), Vitamin K: 13.19µg (12.56%), Vitamin C: 4.51mg (5.47%), Vitamin E: 0.76mg (5.07%)