



Southwestern Turkey Soup



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado diced pitted peeled
- 4 ounce chile peppers green chopped canned
- 28 ounce canned tomatoes whole peeled canned
- 0.5 teaspoon cayenne pepper
- 0.5 teaspoon cilantro leaves dried
- 2 cloves garlic crushed
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lime

- 1 cup monterrey jack cheese shredded
- 1 onion chopped
- 2 roma tomatoes chopped (plum)
- 8 servings salt and pepper to taste
- 1.5 cups turkey shredded cooked
- 4 cups vegetable broth

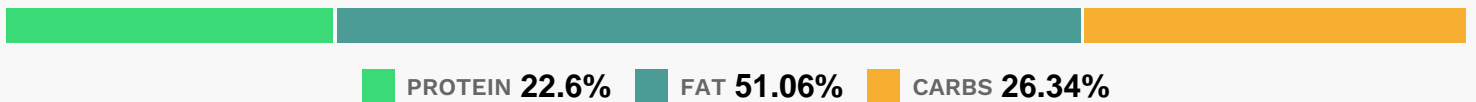
Equipment

- bowl
- pot

Directions

- In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.
- Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.41, Inflammation Score:-6, Nutrition Score:10.37347824418%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg,

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 155.64kcal (7.78%), Fat: 9.29g (14.29%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 7.38g (2.68%), Sugar: 4.65g (5.17%), Cholesterol: 25.99mg (8.66%), Sodium: 971.09mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.51%), Vitamin C: 20.67mg (25.05%), Vitamin B6: 0.36mg (17.85%), Calcium: 154.18mg (15.42%), Vitamin A: 724.33IU (14.49%), Phosphorus: 140.44mg (14.04%), Vitamin B3: 2.8mg (14.01%), Fiber: 3.41g (13.63%), Potassium: 444.69mg (12.71%), Folate: 45.1µg (11.28%), Vitamin B2: 0.19mg (11.2%), Iron: 1.73mg (9.63%), Vitamin K: 10µg (9.53%), Selenium: 6.46µg (9.22%), Vitamin E: 1.38mg (9.21%), Manganese: 0.17mg (8.59%), Magnesium: 31.35mg (7.84%), Copper: 0.15mg (7.71%), Zinc: 1.14mg (7.59%), Vitamin B5: 0.7mg (6.96%), Vitamin B1: 0.09mg (5.95%), Vitamin B12: 0.34µg (5.74%)