



Southwestern Turkey Soup



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 2 medium bell pepper green cut into 1-inch pieces
- ☐ 2 cups butternut squash cubed cooked peeled
- ☐ 2 cups turkey shredded cooked
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 14 oz tomatoes diced undrained canned
- ☐ 16 oz refried beans canned
- ☐ 1 oz beef broth 25%

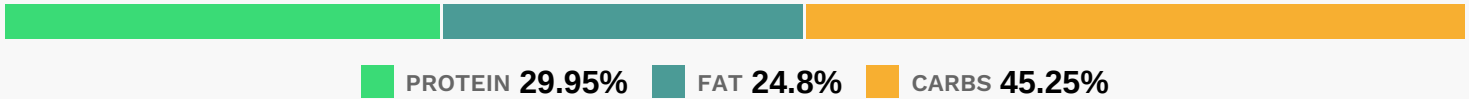
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat oil in Dutch oven over medium heat; add bell peppers. Cook 6 to 10 minutes, stirring occasionally, until peppers are almost crisp-tender. Stir in remaining ingredients.
- ☐ Heat to boiling over medium heat, stirring frequently to prevent sticking to bottom of pan. Reduce heat; simmer uncovered 10 minutes, stirring occasionally, to blend flavors.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:15.883043670136%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 162.58kcal (8.13%), Fat: 4.5g (6.92%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 18.47g (6.16%), Net Carbohydrates: 13.03g (4.74%), Sugar: 5.8g (6.44%), Cholesterol: 25.42mg (8.47%), Sodium: 868.73mg (37.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Vitamin A: 5267.7IU (105.35%), Vitamin C: 47.84mg (57.99%), Fiber: 5.44g (21.78%), Vitamin B6: 0.43mg (21.63%), Vitamin B3: 3.92mg (19.61%), Potassium: 455.81mg (13.02%), Iron: 2.12mg (11.8%), Manganese: 0.23mg (11.68%), Selenium: 7.67µg (10.96%), Vitamin E: 1.52mg (10.1%), Phosphorus: 99.67mg (9.97%), Vitamin B2: 0.16mg (9.67%), Vitamin K: 9.54µg (9.08%), Magnesium: 36.18mg (9.04%), Vitamin B1: 0.13mg (8.76%), Calcium: 78.6mg (7.86%), Copper: 0.14mg (7.13%), Vitamin B12: 0.42µg (7%), Folate: 24.18µg (6.04%), Vitamin B5: 0.58mg (5.8%), Zinc: 0.86mg (5.73%)