



WHATSheATE



## Spicy Turkey Soup with Yogurt, Chickpeas, and Mint

♥ Popular

READY IN



45 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup water
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup rice raw rinsed ( if package directs you to rinse)
- ☐ 4 cups turkey stock (or chicken stock)
- ☐ 2 cups turkey meat dark light leftover cooked cut into 1-inch pieces
- ☐ 1 cup full-fat yogurt plain
- ☐ 1 large egg yolk

- ☐ 2 tablespoons flour
- ☐ 15 ounce chickpeas drained and rinsed cooked canned (garbanzo beans)
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons paprika smoked sweet for a smokey added touch (can also use paprika )
- ☐ 0.1 teaspoon cayenne pepper to taste (more or less )
- ☐ 3 tablespoons mint leaves finely chopped
- ☐ 4 servings lemon wedges for serving

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ microwave

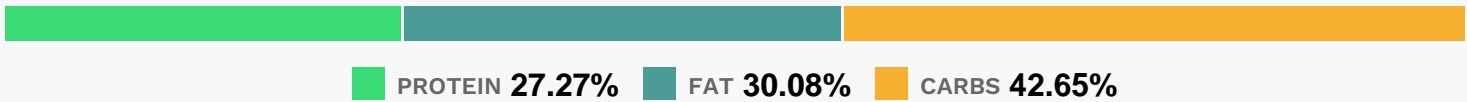
## Directions

- ☐ Cook the rice: Bring water, 1/2 teaspoon of salt, and rice to a boil in a small saucepan. Reduce heat to a low simmer, cover, and cook for 15 minutes.
- ☐ Remove from heat and let sit for 10 minutes.
- ☐ Heat the turkey stock: In a medium saucepan, add the turkey stock and bring to a simmer, remove from heat. (If you are like us, and make your own homemade turkey stock and store it in glass jars, you can remove the lid from the jar and heat the stock in the microwave. You are just trying to warm up the stock in this step.)
- ☐ Add stock to yogurt, egg yolk, flour:
- ☐ Whisk together the yogurt, egg yolk, and flour in a large pot. Slowly add the heated stock, whisking after each small addition to incorporate.
- ☐ Heat to a simmer.
- ☐ Add the chickpeas, cooked turkey, and cooked rice.

- ☐
- Add salt and pepper to taste.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:70.86, Glycemic Load:19.36, Inflammation Score:-8, Nutrition Score:29.325652122498%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 600.51kcal (30.03%), Fat: 19.98g (30.73%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 63.75g (21.25%), Net Carbohydrates: 54.54g (19.83%), Sugar: 11.96g (13.29%), Cholesterol: 152.41mg (50.8%), Sodium: 944.53mg (41.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.49%), Manganese: 1.47mg (73.75%), Vitamin B3: 11.88mg (59.38%), Folate: 225.56µg (56.39%), Selenium: 38.92µg (55.6%), Phosphorus: 515.1mg (51.51%), Vitamin B6: 0.85mg (42.34%), Vitamin B2: 0.63mg (37.3%), Fiber: 9.21g (36.83%), Copper: 0.67mg (33.47%), Zinc: 4.55mg (30.36%), Iron: 5.29mg (29.38%), Potassium: 913.41mg (26.1%), Magnesium: 101.87mg (25.47%), Vitamin B1: 0.32mg (21.33%), Vitamin A: 1038.26IU (20.77%), Calcium: 173.95mg (17.39%), Vitamin B12: 1.04µg (17.26%), Vitamin B5: 1.64mg (16.4%), Vitamin E: 1.14mg (7.61%), Vitamin K: 6.29µg (5.99%), Vitamin C: 4.42mg (5.35%), Vitamin D: 0.68µg (4.51%)