



HEALTH SCORE

51%

Treme (Mock) Turtle Soup

READY IN



45 min.

SERVINGS



4

CALORIES



1461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.8 cup butter
- ☐ 29 oz beef broth canned
- ☐ 6 stalks celery chopped
- ☐ 29 oz chicken broth canned
- ☐ 0.3 cup flat parsley minced
- ☐ 0.5 cup flour mixed with 1 cup water
- ☐ 2 cloves garlic minced
- ☐ 1.5 lbs ground sirloin

- ☐ 6 hardboiled eggs chopped
- ☐ 1 tsp hot sauce
- ☐ 1 cup catsup
- ☐ 6 slices optional: lemon for garnish
- ☐ 1.5 cups juice of lemon
- ☐ 1 cup onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 1.5 tsp thyme leaves
- ☐ 15 oz canned tomatoes canned
- ☐ 0.5 cup worcestershire sauce
- ☐ 1 cup cooking sherry to taste

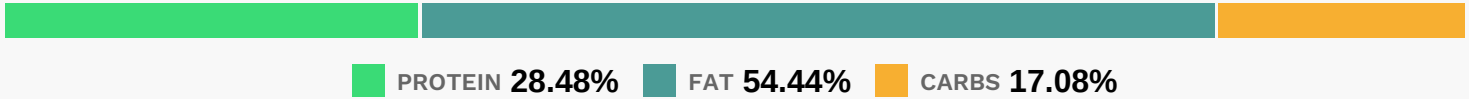
Equipment

- ☐ stove
- ☐ slow cooker

Directions

- ☐ On the stovetop, sauté the sirloin, celery, garlic, and onion in butter until meat is brown and veggies are translucent.
- ☐ Add to the slow cooker.
- ☐ Add tomato puree, chicken broth, beef broth, flour mixture, Worcestershire sauce, ketchup, hot sauce, bay leaves, thyme, salt, and pepper to the slow cooker. Stir.
- ☐ Cook on low heat for 4 hours.
- ☐ Add lemon juice, parsley, and eggs 30 minutes before serving.
- ☐ Immediately before serving, remove bay leaves, add sherry to taste, and garnish with lemon slices.
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Nutrition Facts



Properties

Glycemic Index:92.38, Glycemic Load:12.5, Inflammation Score:-10, Nutrition Score:56.2521739628%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 6.71mg, Eriodictyol: 6.71mg, Eriodictyol: 6.71mg, Eriodictyol: 6.71mg Hesperetin: 16.41mg, Hesperetin: 16.41mg, Hesperetin: 16.41mg, Hesperetin: 16.41mg Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg, Naringenin: 1.55mg Apigenin: 9.8mg, Apigenin: 9.8mg, Apigenin: 9.8mg, Apigenin: 9.8mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg, Quercetin: 9.39mg

Nutrients (% of daily need)

Calories: 1460.67kcal (73.03%), Fat: 86.05g (132.38%), Saturated Fat: 39.32g (245.77%), Carbohydrates: 60.75g (20.25%), Net Carbohydrates: 55.7g (20.26%), Sugar: 27.51g (30.57%), Cholesterol: 589.69mg (196.56%), Sodium: 3647.54mg (158.59%), Alcohol: 6.18g (100%), Alcohol %: 0.66% (100%), Protein: 101.31g (202.62%), Selenium: 97.04µg (138.62%), Vitamin B12: 6.8µg (113.25%), Zinc: 14.48mg (96.57%), Vitamin K: 97.5µg (92.86%), Vitamin B3: 18.3mg (91.48%), Phosphorus: 909.16mg (90.92%), Vitamin C: 69.36mg (84.07%), Vitamin B6: 1.55mg (77.57%), Vitamin B2: 1.26mg (74.18%), Iron: 12.46mg (69.21%), Potassium: 2200.15mg (62.86%), Vitamin A: 2994.28IU (59.89%), Folate: 158.57µg (39.64%), Vitamin E: 5.64mg (37.62%), Magnesium: 144.88mg (36.22%), Manganese: 0.66mg (32.84%), Copper: 0.63mg (31.66%), Vitamin B5: 2.85mg (28.53%), Vitamin B1: 0.43mg (28.48%), Calcium: 255.16mg (25.52%), Fiber: 5.04g (20.18%), Vitamin D: 2.03µg (13.5%)