



Turkey and Stuffin' Soup

 Dairy Free

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READY IN

ready

30 min.

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SERVINGS

servings

6

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CALORIES

calories

527 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium carrots leftover chopped
- ☐ 2 ribs celery chopped
- ☐ 2 quarts chicken stock see
- ☐ 1 handful flat leaf parsley leaves chopped
- ☐ 1 bay leaf fresh
- ☐ 1 tablespoon olive oil extra-virgin 1 turn around the pan
- ☐ 1 onion chopped
- ☐ 1 cup peas frozen leftover prepared

- ☐ 6 servings salt and pepper
- ☐ 4 cups pepperidge farm sage and onion stuffing stuffing prepared
- ☐ 1.5 pounds turkey meat dark light diced cooked

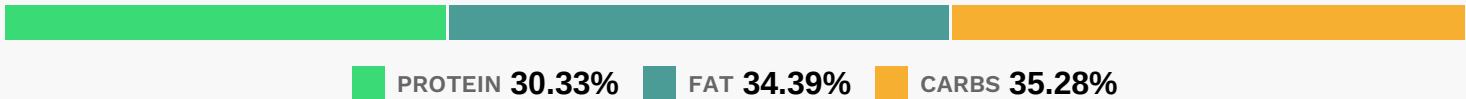
Equipment

- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ stove
- ☐ ice cream scoop

Directions

- ☐ Preheat oven to 350 degrees F and transfer stuffing into a small baking dish.
- ☐ Place dish in oven and reheat 12 to 15 minutes, until warmed through.
- ☐ Heat a pot over moderate heat and add extra-virgin olive oil. Work close to the stove and add vegetables as you chop. If you are using fresh carrots, cut them into a small dice or slice thin. If you are using leftover baby carrots, cut carrots into bite-size pieces.
- ☐ Add celery and onion and lightly season vegetables with salt and pepper.
- ☐ Add bay leaf and stock and bring liquid to a boil by raising heat.
- ☐ Add turkey and reduce heat to simmer. Simmer until any raw vegetables are cooked until tender, about 10 minutes. Stir in the parsley, and peas, if using.
- ☐ Remove stuffing from oven. Using an ice cream scoop, place a healthy scoop of stuffing in the center of a soup bowl. Ladle soup around stuffing ball. Your soup will look like a chunky matzo ball soup. Pull spoonfuls of stuffing away as you eat through your bowl of soup.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:28.591304478438%

Flavonoids

Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 527.43kcal (26.37%), Fat: 19.92g (30.65%), Saturated Fat: 4.2g (26.25%), Carbohydrates: 45.99g (15.33%), Net Carbohydrates: 40.09g (14.58%), Sugar: 10.37g (11.52%), Cholesterol: 85.44mg (28.48%), Sodium: 1432.99mg (62.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.54g (79.07%), Selenium: 99.58µg (142.26%), Vitamin B3: 16.73mg (83.66%), Vitamin B6: 1.06mg (53.11%), Vitamin B2: 0.67mg (39.7%), Vitamin K: 41.52µg (39.54%), Phosphorus: 392.58mg (39.26%), Vitamin B1: 0.43mg (28.37%), Folate: 101.65µg (25.41%), Vitamin A: 1222.78IU (24.46%), Potassium: 828.52mg (23.67%), Vitamin B12: 1.42µg (23.66%), Fiber: 5.89g (23.57%), Zinc: 3.26mg (21.76%), Copper: 0.41mg (20.74%), Iron: 3.6mg (20.02%), Manganese: 0.38mg (19.17%), Magnesium: 71.2mg (17.8%), Vitamin E: 2.48mg (16.5%), Vitamin C: 13.05mg (15.82%), Vitamin B5: 1.16mg (11.62%), Calcium: 82.46mg (8.25%), Vitamin D: 0.23µg (1.51%)