



Turkey Carcass Soup



Dairy Free



Popular

READY IN



165 min.

SERVINGS



12

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barley uncooked
- ☐ 1 bay leaf
- ☐ 1.5 cups cabbage shredded
- ☐ 28 ounce canned tomatoes whole peeled chopped canned
- ☐ 4 large carrots diced
- ☐ 2 stalks celery diced
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon parsley dried

- ☐ 1 pinch thyme leaves dried
- ☐ 1 large onion diced
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon freshly cracked pepper black
- ☐ 6 small potatoes diced
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 1.5 teaspoons salt
- ☐ 1 turkey carcass
- ☐ 4 quarts water
- ☐ 1 tablespoon worcestershire sauce

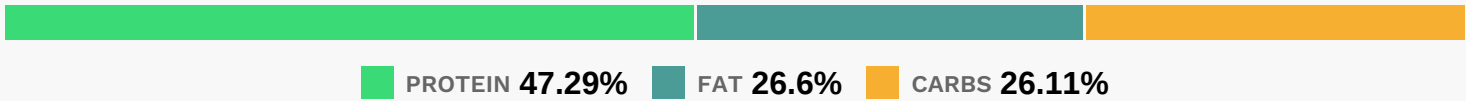
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Place the turkey carcass into a large soup pot or stock pot and pour in the water; bring to a boil, reduce heat to a simmer, and cook the turkey frame until the remaining meat falls off the bones, about 1 hour.
- ☐ Remove the turkey carcass and remove and chop any remaining turkey meat. Chop the meat.
- ☐ Strain the broth through a fine mesh strainer into a clean soup pot.
- ☐ Add the chopped turkey to the strained broth; bring the to a boil, reduce heat, and stir in the potatoes, carrots, celery, onion, cabbage, tomatoes, barley, Worcestershire sauce, salt, parsley, basil, bay leaf, black pepper, paprika, poultry seasoning, and thyme. Simmer until the vegetables are tender, about 1 more hour.
- ☐ Remove bay leaf before serving.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:13.6, Inflammation Score:-10, Nutrition Score:32.71739122142%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 426.19kcal (21.31%), Fat: 12.55g (19.31%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 22.57g (8.21%), Sugar: 4.61g (5.13%), Cholesterol: 154.55mg (51.52%), Sodium: 690.03mg (30%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.2g (100.4%), Vitamin B3: 18.41mg (92.07%), Vitamin A: 4274.08IU (85.48%), Vitamin B6: 1.7mg (85.06%), Selenium: 49.09µg (70.13%), Phosphorus: 491.41mg (49.14%), Vitamin B12: 2.62µg (43.65%), Vitamin C: 28.86mg (34.98%), Potassium: 1140.73mg (32.59%), Zinc: 4.52mg (30.15%), Vitamin B2: 0.51mg (30.06%), Magnesium: 100.86mg (25.21%), Manganese: 0.45mg (22.38%), Vitamin B5: 2.21mg (22.1%), Iron: 3.79mg (21.03%), Copper: 0.42mg (20.87%), Fiber: 5.14g (20.56%), Vitamin B1: 0.28mg (18.67%), Vitamin K: 17.8µg (16.95%), Folate: 49µg (12.25%), Calcium: 88.01mg (8.8%), Vitamin E: 0.91mg (6.08%), Vitamin D: 0.64µg (4.29%)