



HEALTH SCORE

56%

Turkey Frame Vegetable Soup



Gluten Free



Dairy Free

READY IN



650 min.

SERVINGS



8

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 12 peppercorns black
- ☐ 15 ounce beans red drained and rinsed canned
- ☐ 3 carrots chopped
- ☐ 2 stalks celery cut into 2 inch pieces
- ☐ 1 tablespoon chicken soup base
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup parsley fresh chopped

- ☐ 4 cloves garlic minced
- ☐ 0.5 cup green beans frozen
- ☐ 1 onions chopped
- ☐ 2 parsnips peeled sliced
- ☐ 0.5 cup peas green frozen
- ☐ 1 turkey carcass
- ☐ 1 turnip cubed peeled
- ☐ 8 servings water to cover

Equipment

- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth

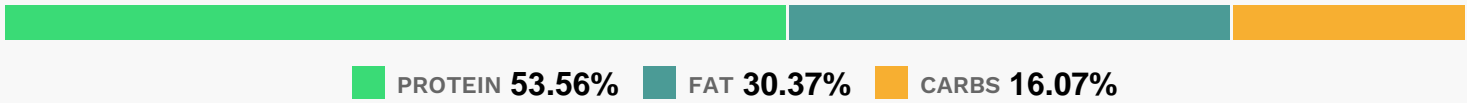
Directions

- ☐ Place turkey carcass in a large pot over high heat.
- ☐ Add the carrots, celery, onion, garlic, parsley sprigs, peppercorns, bay leaves, thyme, chicken bouillon granules, water and enough water to cover all. Bring to a boil, uncovered, then reduce heat to medium low and let simmer for 1 1/2 hours.
- ☐ Remove the turkey carcass and allow it to cool.
- ☐ Remove any meat from the carcass, cut into bite-sized pieces and set aside. Strain the stock through a sieve OR a colander covered with cheesecloth into another large pot. Discard the unstrained ingredients.
- ☐ Place the turkey meat into the pot, cover and refrigerate overnight.
- ☐ The next day, use a slotted spoon to remove the fat that has solidified on top of the stock. Return the stock to a large pot over high heat, add the turnip, parsnips and carrots and bring to a boil. Reduce heat to low, cover and simmer for one hour, or until vegetables are tender.

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Add the green beans, peas and beans and allow to heat through, about 15 minutes. Finally add the chopped parsley and season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:58.4, Glycemic Load:7.5, Inflammation Score:-10, Nutrition Score:41.529565251392%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 561.52kcal (28.08%), Fat: 18.75g (28.84%), Saturated Fat: 4.82g (30.14%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 15.4g (5.6%), Sugar: 6.3g (7%), Cholesterol: 231.91mg (77.3%), Sodium: 698.45mg (30.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.39g (148.78%), Vitamin B3: 25.74mg (128.69%), Vitamin B6: 2.12mg (106.14%), Selenium: 70.71µg (101.02%), Vitamin A: 4328.96IU (86.58%), Phosphorus: 708.94mg (70.89%), Vitamin B12: 3.93µg (65.5%), Vitamin K: 55.29µg (52.65%), Zinc: 6.62mg (44.15%), Vitamin B2: 0.7mg (41.42%), Potassium: 1211.26mg (34.61%), Magnesium: 123.88mg (30.97%), Vitamin B5: 3.09mg (30.95%), Manganese: 0.6mg (30.18%), Fiber: 6.91g (27.64%), Vitamin C: 20.4mg (24.73%), Iron: 4.36mg (24.21%), Copper: 0.47mg (23.68%), Folate: 86.84µg (21.71%), Vitamin B1: 0.31mg (20.75%), Calcium: 105.68mg (10.57%), Vitamin E: 1.13mg (7.55%), Vitamin D: 0.97µg (6.44%)