



Turkey Noodle Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup carrots ()
- ☐ 1 cup celery ()
- ☐ 3 ounces extra wide egg noodles uncooked
- ☐ 6 cups fat-skimmed beef broth fat-free
- ☐ 4 garlic clove minced
- ☐ 1 tablespoon soy sauce low-sodium

- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces turkey shredded

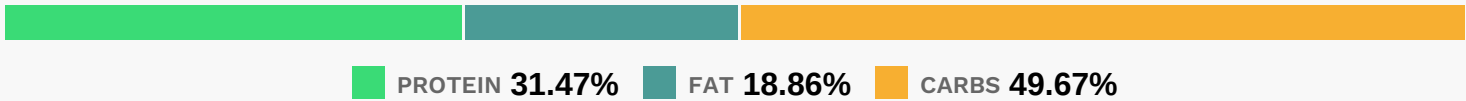
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a large saucepan over medium–high heat. Coat pan with cooking spray.
- ☐ Add carrot, onion, and garlic; saut 5 minutes or until onion is lightly browned.
- ☐ Add celery, salt, and 1/4 teaspoon pepper; saut 3 minutes.
- ☐ Add broth and next 3 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 5 minutes.
- ☐ Add shredded turkey; cook 3 minutes. Discard bay leaf.
- ☐ Sprinkle with coarsely ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:52.96, Glycemic Load:8.4, Inflammation Score:-10, Nutrition Score:17.217825899953%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 187.82kcal (9.39%), Fat: 3.98g (6.12%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 20.92g (7.61%), Sugar: 4.11g (4.57%), Cholesterol: 46.84mg (15.61%), Sodium: 1775.56mg (77.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.93g (29.86%), Vitamin A: 5498.12IU (109.96%), Selenium: 33.56µg (47.94%), Vitamin B3: 5.92mg (29.59%), Vitamin B6: 0.48mg (23.9%), Manganese: 0.42mg (21%), Vitamin B12: 1.23µg (20.56%), Phosphorus: 199.78mg (19.98%), Potassium: 483.99mg (13.83%), Vitamin B2: 0.22mg (12.91%), Vitamin K: 12.1µg (11.53%), Vitamin B5: 1.15mg (11.48%), Fiber: 2.64g (10.56%), Copper: 0.21mg (10.33%), Magnesium: 39.18mg (9.79%), Zinc: 1.42mg (9.48%), Folate: 35.18µg (8.79%), Iron: 1.57mg (8.7%), Vitamin B1: 0.13mg (8.48%), Vitamin C: 5.84mg (7.08%), Calcium: 60.53mg (6.05%), Vitamin E: 0.42mg (2.8%), Vitamin D: 0.18µg (1.23%)