



Turkey Noodle Soup Mix

 Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon celery seed
- ☐ 1.5 tablespoons chicken soup base
- ☐ 0.5 teaspoon dill weed dried
- ☐ 2 tablespoons onion dried minced
- ☐ 1 cup extra wide egg noodles uncooked
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 cup lentils red

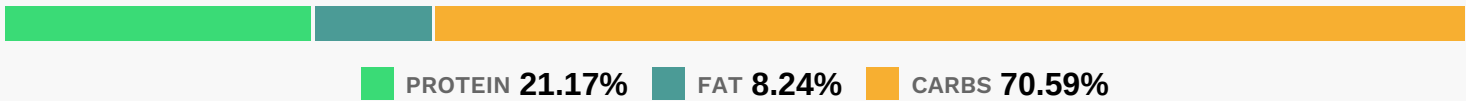
Equipment

- ☐ sauce pan

Directions

- ☐ In a small (1 pint), glass jar, layer from bottom to top, lentils, minced onion, bouillon, dill, celery seed, garlic powder, bay leaf and noodles. Seal jar.
- ☐ Attach a card with the following instructions: Bring 8 cups water to boil in a large saucepan over high heat. Stir in jar of soup mix. Cover, reduce heat and simmer 15 minutes.
- ☐ Remove and discard bay leaf. Stir in 1 (10 ounce) package frozen mixed vegetables and 2 cups cooked, diced turkey meat. Cook 5 minutes more, or until vegetables and turkey are heated through and tender.

Nutrition Facts



Properties

Glycemic Index:7.36, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:2.2086956429741%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 36.35kcal (1.82%), Fat: 0.33g (0.51%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.85g (1.76%), Sugar: 0.67g (0.74%), Cholesterol: 3.29mg (1.1%), Sodium: 180.51mg (7.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.87%), Fiber: 1.61g (6.42%), Folate: 24.6µg (6.15%), Manganese: 0.11mg (5.62%), Selenium: 3.64µg (5.2%), Vitamin B1: 0.05mg (3.46%), Phosphorus: 34.3mg (3.43%), Iron: 0.48mg (2.65%), Vitamin B6: 0.05mg (2.56%), Magnesium: 9.41mg (2.35%), Potassium: 73.29mg (2.09%), Zinc: 0.31mg (2.08%), Copper: 0.04mg (1.98%), Vitamin B5: 0.15mg (1.5%), Vitamin C: 0.99mg (1.2%), Vitamin B3: 0.23mg (1.14%), Vitamin B2: 0.02mg (1.03%)