



Turkey Ramen

READY IN



255 min.

SERVINGS



4

CALORIES



3362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado pitted peeled thinly sliced
- ☐ 2 medium carrots diced peeled
- ☐ 2 cups turkey cooked for stock (from the carcass used)
- ☐ 6 inch daikon radish diced peeled
- ☐ 2 large eggs
- ☐ 1 tablespoon fish sauce
- ☐ 5 cloves garlic peeled
- ☐ 2 inch ginger peeled sliced
- ☐ 1 pound ham steak diced bone-in

- ☐ 3 dashes hot sauce
- ☐ 1 optional: lemon cut in half
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 1 large onion diced
- ☐ 0.8 ounce parmesan freshly grated ()
- ☐ 12 ounces japanese ramen noodles thin (from 4 packages ramen soup)
- ☐ 2 tablespoons miso paste red
- ☐ 2 spring onion chopped
- ☐ 6 ounces mushroom caps trimmed thinly sliced
- ☐ 2.5 teaspoons soya sauce
- ☐ 10 ounces spicy tofu diced soft drained ()
- ☐ 12 pound rotisserie chicken cut
- ☐ 1 gallon water
- ☐ 1 bunch watercress fresh thin (stems and leaves only)
- ☐ 2 teaspoons vinegar white

Equipment

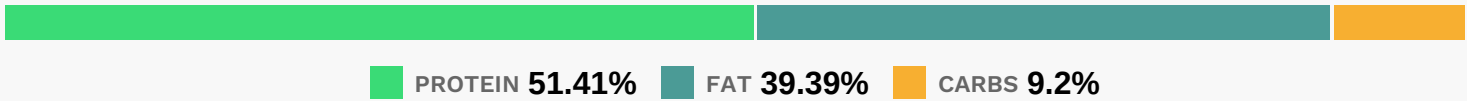
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ chefs knife

Directions

- ☐ Pull about 2 cups of meat off the turkey carcass and reserve for the soup. Using a large chef's knife, chop the turkey carcass into small fist-size pieces.

- ☐ Transfer to a large pot and add the country ham, onion, carrots, daikon radish, garlic, ginger, and lemon halves.
- ☐ Add enough water to cover the ingredients by 1 inch and bring to a boil, skimming off any foam that rises to the top. Lower the heat to moderately low and let the stock simmer, adjusting the heat as necessary to maintain a very gentle simmer, until richly aromatic, about 4 hours.
- ☐ Let the stock cool slightly then pour through a fine-mesh sieve into a large bowl, discarding solids. Measure 8 cups of stock for the ramen bowls and reserve the rest for later use. DO AHEAD: The turkey stock can be prepared ahead and kept, covered in the refrigerator, up to 4 days, or frozen, in an airtight container, up to 3 months.
- ☐ Fill a medium bowl with cold water.
- ☐ Bring a small saucepan of water to a boil. Using a slotted spoon, gently lower the eggs, 1 at a time, into the boiling water. Make sure the water returns to a boil then cook the eggs for 7 minutes. Using a slotted spoon, transfer the eggs to the bowl of cold water. Once the eggs are cool enough to handle, with the back of a knife, gently tap on the shell to crack it. Carefully peel the eggs then cut them in half and set aside.
- ☐ While the eggs are boiling, in a large pot, bring 8 cups of the turkey stock to a boil.
- ☐ Add the miso, fish sauce, soy sauce, vinegar, and hot sauce and stir to combine.
- ☐ Add the ramen noodles, discarding the flavor packet if using packaged ramen soup, and boil until tender but still firm, about 3 minutes.
- ☐ Divide the ramen noodles and broth evenly into 4 bowls. Into each bowl, evenly divide the tofu, mushrooms, avocado, scallions, watercress, turkey, and soft-boiled egg halves.
- ☐ Garnish with freshly grated Parmesan then squeeze a few drops of lemon juice over the bowls and serve immediately.
- ☐ Mix everything together and let the broth warm all the ingredients before eating.

Nutrition Facts



Properties

Glycemic Index:131.83, Glycemic Load:29.41, Inflammation Score:-10, Nutrition Score:48.486522114795%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg, Quercetin: 10.57mg

Nutrients (% of daily need)

Calories: 3362.45kcal (168.12%), Fat: 147.33g (226.66%), Saturated Fat: 41.53g (259.56%), Carbohydrates: 77.43g (25.81%), Net Carbohydrates: 67.34g (24.49%), Sugar: 8.13g (9.03%), Cholesterol: 1489.77mg (496.59%), Sodium: 9036.64mg (392.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 432.66g (865.33%), Vitamin B1: 1.94mg (129.06%), Vitamin A: 5657.66IU (113.15%), Vitamin B3: 16.39mg (81.94%), Vitamin C: 67.35mg (81.64%), Selenium: 50.21µg (71.73%), Phosphorus: 705.7mg (70.57%), Vitamin B6: 1.31mg (65.48%), Vitamin B2: 0.91mg (53.44%), Vitamin K: 50.36µg (47.96%), Manganese: 0.95mg (47.69%), Folate: 189.17µg (47.29%), Iron: 7.63mg (42.37%), Fiber: 10.09g (40.36%), Potassium: 1349.7mg (38.56%), Zinc: 5.71mg (38.06%), Copper: 0.72mg (35.95%), Vitamin B12: 2.03µg (33.82%), Vitamin B5: 3.37mg (33.73%), Magnesium: 120.1mg (30.03%), Calcium: 289.13mg (28.91%), Vitamin E: 3mg (20.02%), Vitamin D: 0.85µg (5.64%)