



HEALTH SCORE

55%

Turkey Soup Provençal



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with garlic and onion, undrained canned
- ☐ 15 ounce cannellini beans beans white drained canned
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 1 pound ground turkey breast
- ☐ 0.5 teaspoon herbs de provence dried crushed
- ☐ 4 cups pkt spinach fresh chopped

Equipment

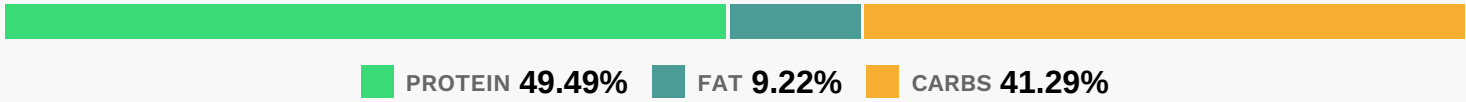
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook turkey in a large saucepan over medium-high heat until browned, stirring to crumble.
- ☐ Add herbes de Provence, beans, broth, and tomatoes to pan; bring to a boil. Reduce heat, and simmer 5 minutes. Stir in spinach; simmer 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:7.65, Inflammation Score:-10, Nutrition Score:33.866087022035%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 292.44kcal (14.62%), Fat: 3.11g (4.78%), Saturated Fat: 0.7g (4.35%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 23.58g (8.57%), Sugar: 5.11g (5.68%), Cholesterol: 62.37mg (20.79%), Sodium: 642.89mg (27.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.56g (75.11%), Vitamin K: 155.57µg (148.16%), Vitamin B3: 13.18mg (65.91%), Vitamin B6: 1.28mg (63.96%), Vitamin A: 3067.15IU (61.34%), Manganese: 1.03mg (51.63%), Selenium: 29.95µg (42.78%), Phosphorus: 413.3mg (41.33%), Folate: 151.1µg (37.78%), Potassium: 1317.53mg (37.64%), Iron: 6.5mg (36.11%), Magnesium: 132.66mg (33.16%), Fiber: 7.76g (31.05%), Copper: 0.56mg (28%), Zinc: 3.65mg (24.34%), Vitamin C: 17.95mg (21.75%), Vitamin E: 2.82mg (18.81%), Vitamin B1: 0.28mg (18.71%), Vitamin B2: 0.29mg (17.1%), Vitamin B5: 1.62mg (16.23%), Calcium: 152.12mg (15.21%), Vitamin B12: 0.78µg (13.06%), Vitamin D: 0.45µg (3.02%)