



Turkey Soup with Cornbread Dressing Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 3 carrots sliced
- 1 rib celery diced
- 2.5 quarts chicken broth
- 8 servings cornbread dressing dumpling dough
- 1 garlic clove minced
- 1 cup peas green frozen

- 1 teaspoon pepper
- 2 medium potatoes diced peeled
- 1.5 cups onion diced sweet
- 3 cups turkey cooked chopped

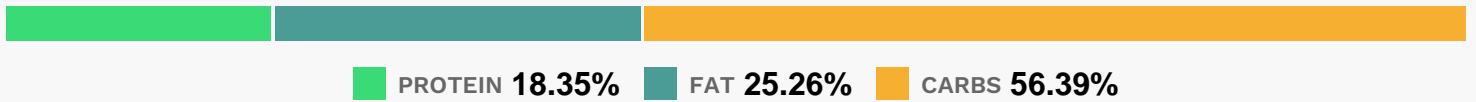
Equipment

- pot

Directions

- Melt butter in a large 8-quart stockpot.
- Add onion, garlic, and celery; saut over medium-high heat 3 minutes.
- Add chicken broth and next 5 ingredients. Bring to a boil; reduce heat, and simmer 20 minutes, stirring occasionally.
- Drop Cornbread Dressing Dumpling Dough by tablespoonfuls into simmering soup. Cook 5 minutes. Cover and cook 15 more minutes or until dumplings are done.

Nutrition Facts



Properties

Glycemic Index:33.61, Glycemic Load:8.3, Inflammation Score:-10, Nutrition Score:19.383913123089%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 356.75kcal (17.84%), Fat: 10.09g (15.52%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 50.67g (16.89%), Net Carbohydrates: 46.11g (16.77%), Sugar: 14.93g (16.59%), Cholesterol: 66.95mg (22.32%), Sodium: 1537.33mg (66.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.98%), Vitamin A: 4152.47IU (83.05%), Phosphorus: 382.08mg (38.21%), Vitamin B3: 5.9mg (29.52%), Vitamin B6: 0.54mg (26.91%), Manganese: 0.52mg

(26.16%), Vitamin C: 20.71mg (25.11%), Vitamin B2: 0.41mg (24.13%), Selenium: 15.07µg (21.52%), Vitamin B1: 0.31mg (20.9%), Fiber: 4.57g (18.27%), Potassium: 599.72mg (17.13%), Folate: 67.27µg (16.82%), Iron: 2.5mg (13.87%), Calcium: 123.76mg (12.38%), Copper: 0.24mg (11.89%), Zinc: 1.75mg (11.69%), Magnesium: 46.74mg (11.68%), Vitamin B12: 0.65µg (10.89%), Vitamin K: 11.29µg (10.75%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 0.7mg (4.67%)