



Turkey Soup with Lemon and Barley



Dairy Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 large onion minced grated
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground turmeric
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 6 servings salt
- ☐ 6 servings bell pepper

- ☐ 6 cups chicken stock see
- ☐ 1 Strips lemon zest
- ☐ 0.5 cup barley (more barley will yield a thicker soup)
- ☐ 2 cups turkey cooked chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 cup cilantro leaves with more parsley) chopped

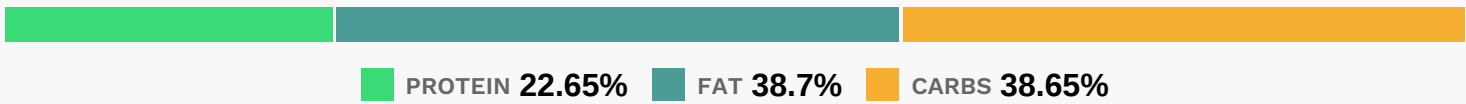
Equipment

- ☐ dutch oven

Directions

- ☐ Sauté the onion, garlic, spices:
- ☐ Heat the olive oil over medium-high heat in a heavy pot or Dutch oven.
- ☐ Add the grated onion and cook until the onion is translucent, about 3 minutes. Stir in the minced garlic and cook another minute, then mix in the turmeric, cumin, ground ginger and a generous pinch of salt.
- ☐ Add stock, zest, bring to simmer then add barley:
- ☐ Pour in the turkey stock and add the strips of lemon zest. Bring to a simmer, then add the barley. Simmer gently until the barley is cooked, about 20–30 minutes.
- ☐ Add cooked turkey, lemon juice, parsley, cilantro, salt, pepper: When the barley is cooked through, add the chopped cooked turkey, lemon juice, parsley and cilantro, and salt and pepper to taste. Cook gently just until the turkey is warmed through, about 3–5 minutes.
- ☐ Remove the lemon zest strips before serving.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:22.836086923661%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 285.48kcal (14.27%), Fat: 12.47g (19.18%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 28.03g (9.34%), Net Carbohydrates: 23.11g (8.4%), Sugar: 8.32g (9.24%), Cholesterol: 31.06mg (10.35%), Sodium: 582.53mg (25.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Vitamin C: 103.91mg (125.96%), Vitamin A: 2620.49IU (52.41%), Vitamin K: 51.93µg (49.46%), Vitamin B3: 7.88mg (39.41%), Vitamin B6: 0.67mg (33.63%), Manganese: 0.54mg (26.89%), Selenium: 18.66µg (26.66%), Vitamin B2: 0.39mg (22.75%), Phosphorus: 199.02mg (19.9%), Fiber: 4.92g (19.68%), Potassium: 631.68mg (18.05%), Vitamin B1: 0.26mg (17.28%), Vitamin E: 2.44mg (16.26%), Folate: 61.7µg (15.43%), Copper: 0.27mg (13.45%), Magnesium: 53.46mg (13.36%), Iron: 2.23mg (12.41%), Zinc: 1.66mg (11.06%), Vitamin B12: 0.4µg (6.74%), Vitamin B5: 0.61mg (6.09%), Calcium: 36.55mg (3.65%)