



Turkey Soup with Root Vegetables

 Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 12 peppercorns whole black
- 2 carrots diced
- 2 stalks celery diced
- 2 cloves garlic minced
- 2 tablespoons olive oil
- 1 onion spanish chopped
- 1 cup orzo pasta uncooked

- 2 tablespoons parsley italian minced
- 1 large parsnips diced peeled
- 1 onion red chopped
- 1 roast turkey carcass cut into pieces
- 0.5 pound rutabagas diced peeled
- 6 servings salt and pepper black to taste
- 12 cups water cold

Equipment

- pot
- sieve

Directions

- Bring the turkey carcass and water to a boil in a large pot over high heat. Skim off and discard any scum that forms.
- Add the chopped celery, chopped carrots, chopped Spanish onion, 1/4 bunch parsley, bay leaves, and peppercorns and return to a simmer. Reduce heat to medium-low and simmer uncovered for 3 hours. Strain the turkey broth through a mesh sieve and skim off any fat that floats to the surface.
- Heat the olive oil in a large pot over medium heat. Stir in the red onion; cook until the onion has softened and turned translucent, about 5 minutes.
- Add the diced celery, diced carrots, parsnip, and rutabaga; cook 5 minutes more. Stir in the garlic and chopped parsley, and cook for 1 minute more.
- Pour in the turkey broth, season to taste with salt and pepper, and bring to a simmer over high heat.
- Reduce heat to medium-low and simmer until the vegetables are nearly tender, 15 to 20 minutes. Stir in the orzo and cook until just tender, about 7 minutes. Cover and remove the pot from the heat.
- Let stand until the orzo is tender, about 5 minutes.

Nutrition Facts



■ PROTEIN 9.99% ■ FAT 23.99% ■ CARBS 66.02%

Properties

Glycemic Index:65.47, Glycemic Load:12.57, Inflammation Score:-10, Nutrition Score:13.889565364174%

Flavonoids

Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 195.93kcal (9.8%), Fat: 5.32g (8.19%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 28.5g (10.37%), Sugar: 6.34g (7.04%), Cholesterol: 0.43mg (0.14%), Sodium: 269.18mg (11.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin A: 3573.81IU (71.48%), Vitamin K: 37.71µg (35.91%), Manganese: 0.56mg (28.06%), Vitamin C: 20.27mg (24.57%), Selenium: 16.94µg (24.2%), Fiber: 4.47g (17.86%), Potassium: 438.23mg (12.52%), Folate: 47.53µg (11.88%), Copper: 0.23mg (11.52%), Phosphorus: 112.33mg (11.23%), Magnesium: 42.27mg (10.57%), Vitamin B6: 0.19mg (9.66%), Vitamin E: 1.39mg (9.25%), Vitamin B1: 0.12mg (7.75%), Calcium: 70.6mg (7.06%), Vitamin B3: 1.18mg (5.91%), Iron: 0.98mg (5.47%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.47mg (4.71%), Vitamin B2: 0.08mg (4.43%)