



Turkey-Spaetzle Soup

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup onion finely chopped
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons thyme leaves dried
- ☐ 0.3 teaspoon pepper

- ☐ 2 cups turkey diced cooked
- ☐ 6 cups chicken broth (from two 32-oz cartons)
- ☐ 1 serving parsley fresh chopped
- ☐ 12 oz frangelico frozen

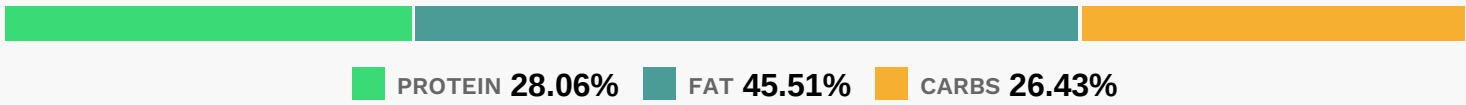
Equipment

- ☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat oil over medium-high heat.
- ☐ Add onion, carrot, celery and garlic; cook about 2 minutes, stirring frequently, until crisp-tender.
- ☐ Gradually stir in flour, thyme and pepper; cook about 1 minute, stirring constantly. Stir in turkey and broth; heat to boiling.
- ☐ Stir in frozen spaetzle. Cook 2 to 3 minutes, stirring occasionally, until spaetzle are tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:53.31, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:9.2799999273342%

Flavonoids

Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 137.94kcal (6.9%), Fat: 7.03g (10.82%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.02g (2.92%), Sugar: 2.8g (3.12%), Cholesterol: 28.56mg (9.52%), Sodium: 924.76mg (40.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.52%), Vitamin A: 1931.89IU (38.64%), Vitamin K:

23.41µg (22.3%), Vitamin B3: 3.54mg (17.69%), Vitamin B2: 0.25mg (14.61%), Selenium: 10.02µg (14.31%), Vitamin B6: 0.26mg (13.15%), Manganese: 0.24mg (11.87%), Phosphorus: 91.14mg (9.11%), Vitamin B1: 0.13mg (8.61%), Vitamin B12: 0.45µg (7.52%), Potassium: 227.91mg (6.51%), Vitamin C: 4.97mg (6.03%), Zinc: 0.9mg (5.99%), Folate: 23.32µg (5.83%), Iron: 0.97mg (5.4%), Fiber: 1.17g (4.7%), Copper: 0.09mg (4.69%), Magnesium: 18.32mg (4.58%), Vitamin B5: 0.4mg (4.05%), Vitamin E: 0.6mg (4.02%), Calcium: 31.74mg (3.17%)