



Turkey Vegetable Soup

READY IN

ready

120 min.

SERVINGS

servings

10

CALORIES

calories

427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cloves garlic crushed
- ☐ 10 servings ground pepper black to taste
- ☐ 0.5 cup milk
- ☐ 0.5 onion sliced quartered

- ☐ 6 potatoes diced red
- ☐ 2 cups turkey cubed cooked
- ☐ 6 cups turkey pan drippings
- ☐ 2 turkey legs
- ☐ 8 cups water

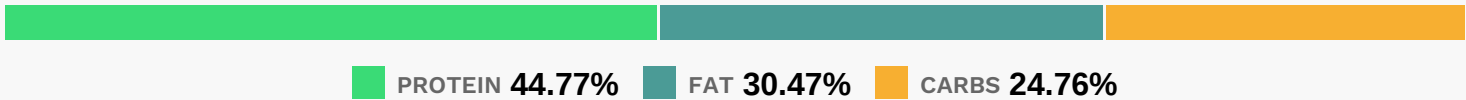
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large stock pot, stir together the turkey drippings, water, turkey legs, garlic, bay leaf, thyme, and black pepper. Bring to a boil, reduce heat to a simmer, and cover the pot; simmer until the turkey meat is starting to fall from the bones, about 30 minutes.
- ☐ Remove turkey legs, and pick the meat from the bones; return the leg meat to the soup.
- ☐ Whisk 1/4 cup of flour with 1/2 cup of milk in a bowl until smooth, and stir the mixture into the soup. Return soup to simmer, stirring constantly, and cook until thickened, about 30 more minutes.
- ☐ Mix in the cubed cooked turkey meat, red potatoes, onion, carrots, and celery; cover the pot again, and simmer until the celery is tender, about 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:27.711739026982%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin:

0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 427.47kcal (21.37%), Fat: 14.26g (21.94%), Saturated Fat: 4.24g (26.52%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 23.03g (8.37%), Sugar: 3.51g (3.9%), Cholesterol: 154.89mg (51.63%), Sodium: 245.86mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.15g (94.31%), Selenium: 54.8µg (78.28%), Vitamin A: 3173.65IU (63.47%), Vitamin B6: 1.21mg (60.45%), Vitamin B3: 11.95mg (59.73%), Phosphorus: 490.04mg (49%), Zinc: 6.19mg (41.26%), Potassium: 1242.64mg (35.5%), Vitamin B2: 0.52mg (30.74%), Vitamin B5: 2.62mg (26.19%), Vitamin B12: 1.56µg (26.07%), Copper: 0.48mg (23.83%), Iron: 4.26mg (23.67%), Magnesium: 84.56mg (21.14%), Vitamin B1: 0.3mg (19.68%), Vitamin C: 12.94mg (15.69%), Manganese: 0.31mg (15.52%), Folate: 55.43µg (13.86%), Fiber: 3.05g (12.2%), Vitamin K: 9.56µg (9.11%), Calcium: 78.77mg (7.88%), Vitamin D: 0.37µg (2.49%), Vitamin E: 0.24mg (1.61%)