



Turkey-Zucchini Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 0.8 cup carrots chopped
- ☐ 14.3 ounce no-salt-added chicken broth canned
- ☐ 1 teaspoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 2 cups turkey breast cubed cooked
- ☐ 1 cup zucchini coarsely chopped

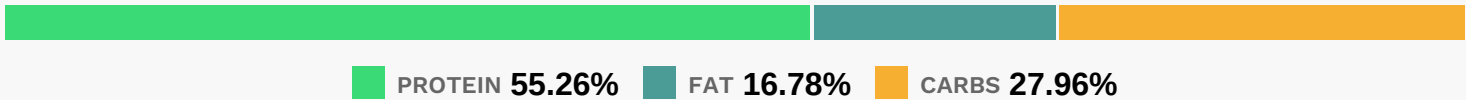
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and next 4 ingredients, and saute until onion is tender.
- ☐ Add turkey and remaining ingredients. Bring to a boil; reduce heat, and simmer, uncovered, 15 minutes or until zucchini is tender.

Nutrition Facts



Properties

Glycemic Index:40.96, Glycemic Load:3.62, Inflammation Score:-10, Nutrition Score:23.643913313099%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 206.42kcal (10.32%), Fat: 4.07g (6.27%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 11.55g (4.2%), Sugar: 7.92g (8.8%), Cholesterol: 63.88mg (21.29%), Sodium: 720.76mg (31.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.19g (60.37%), Vitamin A: 4326.52IU (86.53%), Vitamin B3: 14.82mg (74.08%), Vitamin B6: 1.21mg (60.33%), Selenium: 27.74µg (39.63%), Phosphorus: 372.37mg (37.24%), Potassium: 885.44mg (25.3%), Vitamin C: 18.65mg (22.61%), Manganese: 0.38mg (19.09%), Vitamin B2: 0.31mg (18.21%), Copper: 0.35mg (17.34%), Magnesium: 64.38mg (16.1%), Fiber: 3.72g (14.88%), Iron: 2.65mg (14.74%), Zinc: 2.14mg (14.28%), Vitamin B12: 0.85µg (14.1%), Vitamin B5: 1.38mg (13.76%), Vitamin K: 14.19µg (13.51%), Vitamin E: 1.8mg (11.97%), Vitamin B1: 0.16mg (10.72%), Folate: 40.57µg (10.14%), Calcium: 84.6mg (8.46%)