



Turtle Soup

READY IN



160 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds goat meat
- 4.5 cups water
- 2 medium onion
- 1 bay leaves
- 0.3 teaspoon ground pepper
- 1.3 teaspoons salt
- 5 tablespoons butter cubed
- 0.3 cup flour all-purpose
- 3 tablespoons tomato purée

- 3 tablespoons worcestershire sauce
- 0.3 cup chicken broth
- 2 large hardboiled eggs chopped
- 0.3 cup juice of lemon
- 1 serving parsley fresh chopped

Equipment

- sauce pan
- whisk
- slotted spoon

Directions

- In a heavy 4-qt. saucepan, bring turtle meat and water to a boil. Skim off foam. Chop 1 onion and set aside. Quarter the other onion; add to saucepan along with bay leaf, cayenne pepper and salt. Cover and simmer for 2 hours or until the meat is tender.
- Remove meat with a slotted spoon and cut into 1/2-in. cubes; set aside. Strain broth and set aside. Rinse and dry saucepan; melt butter over medium-high heat. Cook chopped onion until tender.
- Add flour; cook and stir until bubbly and lightly browned.
- Whisk in reserved broth; cook and stir until thickened. Reduce heat; stir in tomato puree and Worcestershire sauce.
- Simmer, uncovered, for 10 minutes.
- Add chicken broth, eggs, lemon juice and meat. Simmer for 5 minutes or until heated through.
- Garnish with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:4.61, Inflammation Score:-6, Nutrition Score:15.287826081981%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 277.5kcal (13.88%), Fat: 14.04g (21.59%), Saturated Fat: 7.15g (44.69%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.09g (4.03%), Sugar: 3.33g (3.7%), Cholesterol: 152.02mg (50.67%), Sodium: 869.24mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Selenium: 40.21µg (57.45%), Vitamin B3: 11.21mg (56.06%), Vitamin B6: 0.84mg (42.01%), Phosphorus: 271.56mg (27.16%), Vitamin B5: 1.81mg (18.1%), Potassium: 579.22mg (16.55%), Vitamin B2: 0.26mg (15.45%), Vitamin C: 10.77mg (13.05%), Vitamin K: 12.59µg (11.99%), Vitamin A: 549.44IU (10.99%), Vitamin B1: 0.16mg (10.76%), Magnesium: 39.25mg (9.81%), Iron: 1.64mg (9.12%), Folate: 36.12µg (9.03%), Manganese: 0.14mg (7.01%), Vitamin B12: 0.41µg (6.82%), Zinc: 0.97mg (6.46%), Copper: 0.13mg (6.37%), Vitamin E: 0.86mg (5.73%), Calcium: 44.12mg (4.41%), Fiber: 1.04g (4.17%), Vitamin D: 0.47µg (3.12%)