



Turtle Soup

READY IN



120 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 bay leaves
- 0.3 cup bell pepper chopped
- 0.5 cup butter
- 0.8 teaspoon ground pepper
- 0.3 cup celery chopped
- 0.5 teaspoon thyme dried
- 0.5 cup sherry dry
- 0.5 cup flour
- 2 tablespoons garlic minced

- 0.5 cup spring onion chopped
- 2 tablespoons spring onion chopped
- 2 tablespoons hardboiled eggs chopped
- 4 hardboiled eggs finely chopped
- 3 tablespoons juice of lemon fresh
- 1.5 lbs goat meat
- 1.5 cups onion chopped
- 0.3 cup parsley chopped
- 2.8 teaspoons salt
- 2 tablespoons shallots minced
- 1 cup tomatoes chopped
- 6 cups water
- 0.5 cup worcestershire sauce

Equipment

- sauce pan
- slotted spoon

Directions

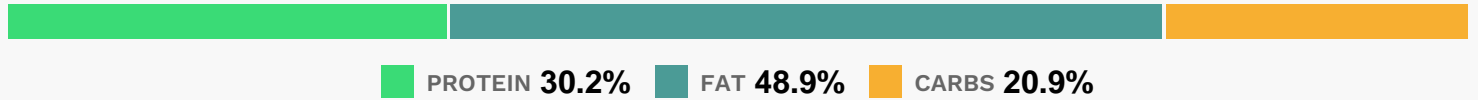
- Put the turtle meat in a large saucepan with 1 teaspoon of salt, 1/4 teaspoon cayenne and the water. Bring to a boil. Skim off any foam that rises to the top. Reduce heat to medium and simmer for 20 minutes. With a slotted spoon transfer the meat to a platter.
- Cut the meat into 1/2 inch dice and reserve the liquid. In another large sauce pan, combine the butter and flour over medium heat, stirring constantly for 6 to 8 minutes to make a dark roux.
- Add the onions, shallots, bell peppers and celery. Stir occasionally and cook for 2 to 3 minutes until the vegetables are slightly tender.
- Add the bay leaves, thyme and garlic, cook for 2 minutes.
- Add the tomatoes and the turtle meat. Cook for 5 to 6 minutes stirring occasionally.
- Add the Worcestershire sauce, the remaining salt and cayenne, the turtle stock (about 6 cups) lemon juice, and sherry. Bring to a boil, reduce heat to medium and simmer for 10

minutes.

Add the parsley, green onions, and eggs and simmer for 45 minutes.

Garnish with green onions and chopped eggs.

Nutrition Facts



Properties

Glycemic Index:76.17, Glycemic Load:7.6, Inflammation Score:-9, Nutrition Score:25.343478223552%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg, Apigenin: 5.51mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 429.01kcal (21.45%), Fat: 22.46g (34.56%), Saturated Fat: 11.62g (72.61%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 19.49g (7.09%), Sugar: 6.36g (7.07%), Cholesterol: 248.15mg (82.72%), Sodium: 1685.39mg (73.28%), Alcohol: 2.06g (100%), Alcohol %: 0.46% (100%), Protein: 31.21g (62.42%), Selenium: 52.03µg (74.32%), Vitamin K: 69.75µg (66.43%), Vitamin B3: 13.07mg (65.35%), Vitamin B6: 1.06mg (53.07%), Phosphorus: 366.58mg (36.66%), Vitamin C: 28.3mg (34.31%), Vitamin A: 1558.59IU (31.17%), Potassium: 897.78mg (25.65%), Vitamin B2: 0.43mg (25.36%), Vitamin B5: 2.35mg (23.51%), Iron: 3.34mg (18.58%), Folate: 71.52µg (17.88%), Vitamin B1: 0.25mg (16.42%), Manganese: 0.31mg (15.31%), Magnesium: 56.84mg (14.21%), Vitamin B12: 0.66µg (11.01%), Zinc: 1.48mg (9.87%), Vitamin E: 1.47mg (9.83%), Calcium: 97.5mg (9.75%), Copper: 0.19mg (9.73%), Fiber: 2.11g (8.42%), Vitamin D: 0.91µg (6.06%)