



## Tuscan Turkey Soupy Noodles

READY IN



300 min.

SERVINGS



10

CALORIES



736 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 5 ounces baby spinach
- 28 ounce frangelico whole drained chopped canned
- 3 carrots chopped
- 3 rib celery stalks chopped
- 6 large garlic clove finely chopped
- 8 ounces lasagne pasta sheets dried (such as Cipriani brand tagliardi) (such as Barilla)
- 2 medium leek white green washed chopped (see Cooking Tips)
- 0.3 cup olive oil
- 1 medium onion chopped

- 10 servings parmesan grated
- 12 pound deli turkey
- 1.5 tablespoons rosemary chopped
- 4 quarts water

## Equipment

- bowl
- pot
- sieve
- slotted spoon
- tongs

## Directions

- Break down carcass into smaller pieces. Simmer carcass, water, reserved leek greens, and 1/2 teaspoon salt in a 7- to 10-quart heavy pot, uncovered, skimming froth, 3 hours.
- Discard large bones with a slotted spoon or tongs, then strain stock through a large sieve into a large bowl (discard solids).
- If stock measures less than 10 cups, add water. If it measures more, boil until reduced.
- If using stock right away, let stand until fat rises to top, 1 to 2 minutes, then skim off and discard fat. If not, chill (covered once cool) before removing fat. (It will be easier to remove when cool or cold.)
- Cook garlic in oil in cleaned pot over medium heat, stirring, until pale golden, about 1 minute.
- Add onion and 1/4 teaspoon salt and cook, stirring occasionally, until golden, 5 to 8 minutes. Stir in chopped leeks and rosemary and cook, covered, stirring occasionally, until leeks are softened, about 5 minutes.
- Add carrots, celery, and 1/4 teaspoon salt and cook, stirring occasionally, 3 minutes. Stir in tomatoes and stock and simmer, uncovered, stirring occasionally, until vegetables are tender, about 20 minutes. Season with salt and pepper.
- Stir in pasta and briskly simmer soup, stirring occasionally, until pasta is al dente.
- Add spinach and stir until wilted.

## Nutrition Facts

PROTEIN 52.16% FAT 21.32% CARBS 26.52%

## Properties

Glycemic Index:33.88, Glycemic Load:8.86, Inflammation Score:-10, Nutrition Score:30.931739506514%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

## Nutrients (% of daily need)

Calories: 736.44kcal (36.82%), Fat: 17.52g (26.95%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 49.01g (16.34%), Net Carbohydrates: 46.79g (17.01%), Sugar: 12.21g (13.56%), Cholesterol: 194.58mg (64.86%), Sodium: 7017.7mg (305.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.42g (192.85%), Phosphorus: 1539.67mg (153.97%), Vitamin A: 4928.5IU (98.57%), Vitamin K: 83.19µg (79.23%), Copper: 1.56mg (77.8%), Magnesium: 196.59mg (49.15%), Calcium: 471.57mg (47.16%), Iron: 7.57mg (42.04%), Zinc: 6.05mg (40.36%), Potassium: 1390.68mg (39.73%), Selenium: 21.75µg (31.07%), Manganese: 0.5mg (25.16%), Folate: 51.72µg (12.93%), Vitamin C: 8.77mg (10.63%), Vitamin B6: 0.19mg (9.74%), Vitamin E: 1.45mg (9.64%), Vitamin B2: 0.16mg (9.55%), Fiber: 2.23g (8.91%), Vitamin B12: 0.36µg (6%), Vitamin B1: 0.08mg (5.08%), Vitamin B3: 0.85mg (4.25%), Vitamin B5: 0.34mg (3.43%)