



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 canned tomatoes whole drained chopped canned
- ☐ 3 carrots chopped
- ☐ 3 rib celery chopped
- ☐ 6 large garlic cloves finely chopped
- ☐ 8 ounces no-boil egg lasagne sheets dried (such as Cipriani brand tagliardi) (such as Barilla)
- ☐ 2 medium leeks white green washed chopped (see Cooking Tips)
- ☐ 0.3 cup olive oil
- ☐ 1 medium onion chopped

- ☐ 10 servings parmigiano-reggiano grated
- ☐ 12 pound carcass from a roast turkey
- ☐ 1.5 tablespoons rosemary chopped
- ☐ 4 quarts water

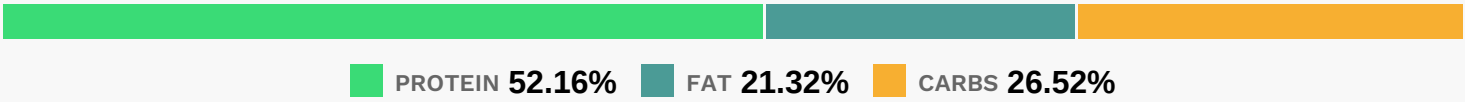
Equipment

- ☐ 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



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%)