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Turkey Soup

A delicious and comforting soup made with turkey and vegetables. Perfect for a cold winter day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 60 mins

Total Time: 75 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

500 g	Turkey
200 g	Carrots
200 g	celery
150 g	onion
3 cloves	garlic
1000 ml	chicken broth

2 pieces	Bay Leaves
2 tsp	Thyme
1 tsp	Salt
1 tsp	Pepper
2 tbsp	Olive oil

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add onion, celery, and carrots. Cook until vegetables are softened, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add garlic, thyme, bay leaves, salt, and pepper. Cook for another minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Add turkey and chicken broth. Bring to a boil, then reduce heat and simmer for 45 minutes.

Prep Time: 5 mins

Cook Time: 45 mins

Step 5

Remove bay leaves. Serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Winter Fall

Events

Thanksgiving Barbecue

Cuisines

Italian

Meal Type

Breakfast Brunch Lunch Dinner Snack

Nutritional Content

Low Calorie

Kitchen Tools

Blender Slow Cooker

Course

Appetizers Desserts Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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