



A Nutrition Resource

RICH TURKEY VEGETABLE AND NOODLE SOUP

Yield: 7 Servings | Serving Size: 1 1/2 cups
Cost/Serving: \$1.29

Ingredients:

- 8 cups low-sodium chicken or turkey broth
- 1 cup cubed potatoes
- 2 cups sliced carrots
- 1 cup sliced celery
- 1/4 cup chopped onion
- 3/4 cup frozen peas or baby lima beans
- 1 teaspoon salt
- 2 cups uncooked whole wheat noodles
- 2 cups cooked turkey meat, diced

Directions:

- 1) In a large pot combine turkey broth, vegetables, and salt.
- 2) Cook for 15 minutes. Add noodles and turkey, heat to a boil and simmer for 15 minutes or until noodles are done.

Note: This is a great way to use leftover Thanksgiving turkey!

Nutrition Facts

7 servings per container
Serving size 1.5 cups (460g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 510mg	22%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 19g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 347mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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