

Grandma's Slow Cooked Turkey Soup

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

7 cups chicken stock
3 cups cooked turkey, diced
1 cup sliced carrots
1 cup sliced celery
1 large sweet onion, diced
2 bay leaves
1/2 teaspoon thyme
dash pepper
8 ounces fettucine noodles, broken up
salt and pepper (to taste)

In a slow cooker, add the chicken stock, turkey, carrots, celery, onion, bay leaves, thyme and salt and pepper.

Cook on LOW for eight hours.

In a stock pot, cook the fettucine according to package directions. Add the drained noodles to the slow cooker.

Continue to cook on HIGH for about one hour to allow the soup to thicken.

Per Serving (excluding unknown items): 984 Calories; 23g Fat (23.6% calories from fat); 133g Protein; 33g Carbohydrate; 8g Dietary Fiber; 319mg Cholesterol; 15475mg Sodium. Exchanges: 0 Grain(Starch); 17 Lean Meat; 5 Vegetable; 0 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	984
% Calories from Fat:	23.6%
% Calories from Carbohydrates:	15.3%
% Calories from Protein:	61.1%
Total Fat (g):	23g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	6g
Cholesterol (mg):	319mg
Carbohydrate (g):	33g
Dietary Fiber (g):	8g
	133g

Vitamin B6 (mg):	2.3mg
Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	7.2mg
Riboflavin B2 (mg):	1.9mg
Folacin (mcg):	120mcg
Niacin (mg):	26mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
	17
	1

Protein (g):
Sodium (mg): 15475mg
Potassium (mg): 2767mg
Calcium (mg): 240mg
Iron (mg): 20mg
Zinc (mg): 14mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 34518IU
Vitamin A (r.e.): 3450RE

Lean Meat:
Vegetable: 5
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 984 Calories from Fat: 232

% Daily Values*

Total Fat	23g	35%
Saturated Fat	8g	38%
Cholesterol	319mg	106%
Sodium	15475mg	645%
Total Carbohydrates	33g	11%
Dietary Fiber	8g	32%
Protein	133g	
Vitamin A		690%
Vitamin C		45%
Calcium		24%
Iron		111%

* Percent Daily Values are based on a 2000 calorie diet.