



a : chicken and gluten-free dumplings with fresh herbs

 Gluten Free  Popular

READY IN



480 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 4 ounces pastured bacon chopped ()
- ☐ 0.5 cup brown rice flour
- ☐ 2 tbsp buckwheat flour
- ☐ 2 tbsp butter
- ☐ 0.3 cup buttermilk
- ☐ 4 carrots peeled chopped (and)

- ☐ 4 ribs celery chopped ()
- ☐ 1.5 quarts chicken broth fresh
- ☐ 1 eggs beaten ()
- ☐ 0.5 cup herbs finely minced (chives, thyme, parsley, sage, celery leaves etc.)
- ☐ 1 cup peas fresh english
- ☐ 0.5 tsp unrefined sea salt
- ☐ 2 chicken breasts boneless skinless chopped (into bite-sized pieces)
- ☐ 0.3 cup sorghum flour
- ☐ 2 tbsp tapioca flour
- ☐ 1 medium onion yellow chopped ()

Equipment

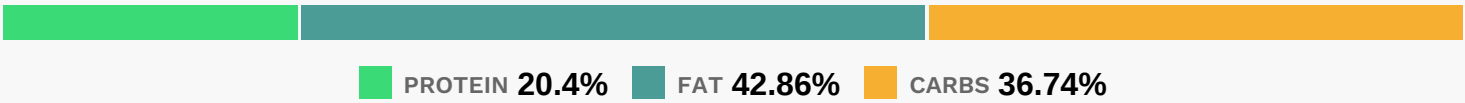
- ☐ bowl
- ☐ ladle
- ☐ pot

Directions

- ☐ preparing the dumplings: Stir brown rice flour, sorghum flour, almond meal, buckwheat and tapioca flour together, then pour buttermilk into the flour and stir the mixture together until it resembles cornmeal. Set it aside, covered, for about eight hours or overnight. After the dumpling dough has soaked overnight or about eight hours in buttermilk, mix remaining ingredients into the dough and form the dough by hand into balls about one-half to three-quarters inch in diameter. Set them aside while you prepare the remaining ingredients. finishing the soup: Melt two tablespoons butter in a heavy-bottomed soup pot, then add four ounces chopped bacon to the pot and cook it through.
- ☐ Remove the bacon from the pot and set it aside. Toss chopped onion, celery and carrots into the pot and cook them until they become tender and fragrant, then add chopped chicken to the pot and cook for three to five minutes.
- ☐ Pour in 1 1/2 to 2 quarts fresh chicken broth into the pot and simmer the soup for ten minutes, covered. Reduce the heat to medium-low, uncover the soup pot, add 1 cup fresh or frozen English peas into the soup and drop formed dumplings, no more than three-quarters inch in diameter, into the pot. Cover the pot again and allow the dumplings to cook undisturbed for

eight to ten minutes.After eight to ten minutes, uncover the pot and stir in fresh minced herbs and reserved bacon.Ladle into bowls and serve hot.

Nutrition Facts



Properties

Glycemic Index:43.86, Glycemic Load:3.01, Inflammation Score:-10, Nutrition Score:22.281738975774%

Flavonoids

Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg, Apigenin: 1.32mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 356.56kcal (17.83%), Fat: 17.24g (26.52%), Saturated Fat: 6.02g (37.65%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 27.74g (10.09%), Sugar: 6.89g (7.66%), Cholesterol: 80.24mg (26.75%), Sodium: 1364.1mg (59.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.93%), Vitamin A: 7390.18IU (147.8%), Manganese: 1.04mg (52.06%), Vitamin B3: 7.7mg (38.51%), Vitamin B6: 0.65mg (32.32%), Selenium: 21.24µg (30.34%), Phosphorus: 275.52mg (27.55%), Vitamin K: 26.16µg (24.92%), Vitamin B1: 0.34mg (22.51%), Fiber: 5.5g (22%), Vitamin B2: 0.36mg (21.19%), Potassium: 668.12mg (19.09%), Vitamin C: 15.31mg (18.56%), Magnesium: 69.83mg (17.46%), Folate: 55.43µg (13.86%), Vitamin B5: 1.38mg (13.82%), Zinc: 1.8mg (11.98%), Iron: 1.95mg (10.82%), Copper: 0.21mg (10.69%), Calcium: 89.12mg (8.91%), Vitamin E: 1.07mg (7.14%), Vitamin B12: 0.35µg (5.86%), Vitamin D: 0.43µg (2.89%)