



Chicken and Sweet Potato Dumplings

 Gluten Free

READY IN



350 min.

SERVINGS



8

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 carrots sliced
- ☐ 1 rib celery stalks thinly sliced
- ☐ 2 rib celery stalks chopped
- ☐ 1 leaf parsley
- ☐ 4 garlic clove crushed
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 medium onion thinly sliced

- ☐ 1 medium onion quartered
- ☐ 8 servings parmesan shaved
- ☐ 0.5 teaspoon pepper
- ☐ 8 servings sweet potatoes and into
- ☐ 3 thyme sprigs fresh
- ☐ 3.8 lb chicken whole

Equipment

- ☐ bowl
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Bring chicken, next 7 ingredients, and water to cover to a boil in a Dutch oven over medium heat. Cover, reduce heat to medium-low, and simmer 1 hour.
- ☐ Remove chicken, reserving broth in Dutch oven. Cool chicken 30 minutes.
- ☐ Meanwhile, cook reserved broth in Dutch oven over low heat 30 minutes.
- ☐ Skin, bone, and shred chicken, reserving bones.
- ☐ Place bones in broth. Cover and chill shredded chicken until ready to use.
- ☐ Continue cooking broth, uncovered, over low heat 1 hour or until reduced by one-third.
- ☐ Pour broth through a wire-mesh strainer into a bowl; discard solids. Wipe Dutch oven clean; pour broth back into Dutch oven.
- ☐ Skim fat from broth.
- ☐ Add thinly sliced onion and next 2 ingredients to broth; cook over medium-high heat, stirring occasionally, 20 minutes or until carrots are crisp-tender.
- ☐ Add shredded chicken; return to a simmer.
- ☐ Add Sweet Potato Dumplings to soup.
- ☐ Garnish with Parmesan and parsley; serve immediately.

Nutrition Facts



 **PROTEIN 33.99%**  **FAT 58.51%**  **CARBS 7.5%**

Properties

Glycemic Index:54.46, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:17.438695586246%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 361.67kcal (18.08%), Fat: 23.23g (35.74%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.34g (1.94%), Sugar: 2.62g (2.92%), Cholesterol: 96.94mg (32.31%), Sodium: 1011.17mg (43.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.74%), Vitamin A: 5645.64IU (112.91%), Calcium: 386.92mg (38.69%), Phosphorus: 378.4mg (37.84%), Vitamin B3: 7.37mg (36.87%), Selenium: 21.81µg (31.15%), Vitamin B6: 0.47mg (23.7%), Zinc: 2.3mg (15.35%), Vitamin B2: 0.25mg (14.7%), Vitamin B5: 1.19mg (11.95%), Vitamin B12: 0.68µg (11.27%), Potassium: 363.29mg (10.38%), Magnesium: 40.89mg (10.22%), Vitamin K: 8.56µg (8.15%), Iron: 1.42mg (7.89%), Vitamin C: 6.23mg (7.55%), Manganese: 0.15mg (7.37%), Vitamin B1: 0.11mg (7.12%), Fiber: 1.36g (5.44%), Folate: 18.61µg (4.65%), Copper: 0.09mg (4.54%), Vitamin E: 0.58mg (3.9%), Vitamin D: 0.35µg (2.36%)