



Chicken-and-Vegetable Soup with Herb Dumplings

READY IN



60 min.

SERVINGS



6

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces baby carrots halved
- 2 teaspoons double-acting baking powder
- 2 bay leaves
- 3 tablespoons butter cut into pieces
- 1 cup buttermilk
- 3 celery stalks sliced
- 4 cups chicken broth
- 1.5 cups flour all-purpose

- 2 tablespoons parsley fresh chopped
- 1 teaspoon pepper black
- 12 ounce pearl onions frozen peeled
- 2 teaspoons poultry seasoning
- 1 teaspoon salt
- 3 pound chicken whole

Equipment

- bowl
- pot
- blender

Directions

- Cut chicken into 6 or 8 pieces; remove and discard skin.
- Place chicken and next 7 ingredients in a large (6-quart) soup pot, stirring until well blended. Bring to a boil; reduce heat, and simmer, covered, 30 to 40 minutes or until chicken is tender.
- Remove pot from heat; remove chicken pieces from soup pot, reserving broth.
- Let chicken stand until cool enough to handle.
- Remove chicken from bones, and cut into bite-size pieces. Stir chicken and sherry, if desired, into broth mixture. Bring to a boil, reduce heat, and simmer.
- Combine flour and next 3 ingredients in a small bowl.
- Cut in butter with a pastry blender or fork until mixture resembles coarse meal.
- Add buttermilk, stirring just until mixture comes together.
- Drop tablespoons of dumpling batter into hot broth. Cover and simmer 10 to 15 minutes or until dumplings are cooked through.
- *Substitute 4 bone-in chicken breasts for the whole chicken, cut into pieces, if desired.

Nutrition Facts

PROTEIN 22.86% **FAT 46.4%** **CARBS 30.74%**

Properties

Glycemic Index:61.83, Glycemic Load:19.43, Inflammation Score:-10, Nutrition Score:23.096521833669%

Flavonoids

Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg, Quercetin: 11.52mg

Nutrients (% of daily need)

Calories: 472.56kcal (23.63%), Fat: 24.21g (37.25%), Saturated Fat: 9.18g (57.38%), Carbohydrates: 36.09g (12.03%), Net Carbohydrates: 32.94g (11.98%), Sugar: 6.98g (7.75%), Cholesterol: 104.23mg (34.74%), Sodium: 1308.34mg (56.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.84g (53.69%), Vitamin A: 5752.87IU (115.06%), Vitamin B3: 9.95mg (49.77%), Selenium: 29.15µg (41.64%), Vitamin K: 34.48µg (32.84%), Phosphorus: 294.92mg (29.49%), Vitamin B2: 0.48mg (28.35%), Vitamin B1: 0.4mg (26.92%), Manganese: 0.53mg (26.7%), Vitamin B6: 0.53mg (26.51%), Folate: 90.69µg (22.67%), Iron: 3.53mg (19.6%), Calcium: 185.37mg (18.54%), Vitamin B5: 1.54mg (15.38%), Potassium: 517.53mg (14.79%), Zinc: 2.12mg (14.12%), Fiber: 3.15g (12.6%), Magnesium: 47.16mg (11.79%), Vitamin C: 8.85mg (10.73%), Copper: 0.2mg (10.2%), Vitamin B12: 0.56µg (9.41%), Vitamin D: 0.74µg (4.92%), Vitamin E: 0.64mg (4.25%)