



Chicken Dumpling Soup

READY IN



105 min.

SERVINGS



8

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 cup butter
- 1.5 cups carrots chopped
- 1.5 cups celery thinly sliced
- 2 quarts chicken broth
- 3 cups chicken breast cooked chopped
- 0.5 teaspoon tarragon dried
- 2 eggs
- 0.5 cup flour all-purpose

- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 2 cups onion chopped
- 1.5 teaspoons salt

Equipment

- food processor
- paper towels
- pot
- blender
- slotted spoon

Directions

- In a blender or food processor, combine 3 cups cooked chicken, eggs, 3/4 cup chicken broth, 1 cup flour, parsley, 2 teaspoons salt, pepper and tarragon. Process until smooth.
- In a large pot, bring 4 cups chicken broth to a boil. Drop dumpling mixture by rounded spoonfuls into boiling broth. Simmer, uncovered, 5 to 8 minutes, until well formed and slightly browned.
- Remove with a slotted spoon and drain on paper towels. Reserve dumpling cooking liquid.
- In a large pot melt butter over medium heat. Cook onion, celery and garlic in butter until onion is translucent. Stir in 1/2 cup flour until fully incorporated.
- Pour in 2 quarts chicken broth, stirring constantly. Bring to a boil. Introduce 1 1/2 teaspoons salt and carrots. Cover, reduce heat, and simmer 15 minutes.
- Stir in dumplings, reserved liquid and 3 cups cooked chicken. Simmer 15 minutes more before serving.

Nutrition Facts



Properties

Glycemic Index:49.35, Glycemic Load:6.11, Inflammation Score:-10, Nutrition Score:16.919565257819%

Flavonoids

Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg, Apigenin: 4.58mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg

Nutrients (% of daily need)

Calories: 226.58kcal (11.33%), Fat: 9.41g (14.47%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.17g (4.43%), Sugar: 4.19g (4.66%), Cholesterol: 105.53mg (35.18%), Sodium: 1448.58mg (62.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.98g (41.96%), Vitamin A: 4511.14IU (90.22%), Vitamin B3: 8.57mg (42.87%), Vitamin K: 40.4µg (38.48%), Selenium: 21.95µg (31.36%), Vitamin B6: 0.45mg (22.33%), Vitamin B2: 0.33mg (19.45%), Phosphorus: 188.3mg (18.83%), Manganese: 0.31mg (15.51%), Vitamin B1: 0.19mg (12.95%), Potassium: 404.34mg (11.55%), Folate: 43.98µg (10.99%), Vitamin C: 7.75mg (9.4%), Vitamin B5: 0.91mg (9.12%), Iron: 1.64mg (9.1%), Magnesium: 31.36mg (7.84%), Fiber: 1.96g (7.84%), Zinc: 1.08mg (7.19%), Copper: 0.12mg (6%), Calcium: 56.85mg (5.68%), Vitamin B12: 0.34µg (5.6%), Vitamin E: 0.75mg (5.02%), Vitamin D: 0.27µg (1.82%)