

Chicken Soup for Knaidelach



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



12

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bay leaves
- ☐ 1 tbsp peppercorns whole black
- ☐ 1 large onion rinsed halved
- ☐ 6 carrots whole peeled chopped
- ☐ 6 celery stalks with leaves, chopped into thirds
- ☐ 1 chicken pieces whole (no giblets)
- ☐ 5 sprigs curly-leaf parsley fresh
- ☐ 0.5 bunch optional: dill fresh

☐ 12 servings sea salt to taste

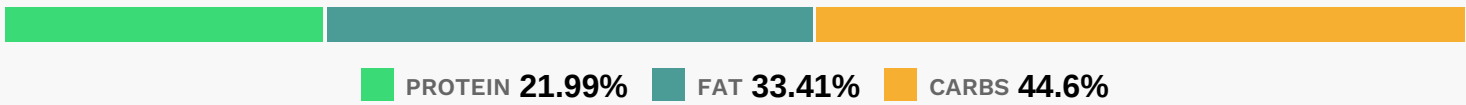
Equipment

- ☐ pot
- ☐ sieve

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Chicken Soup for Knaidelach
- ☐ Ingredients1 whole chicken or chicken pieces, 4–5 pounds total (no giblets)6 celery stalks with leaves, chopped into thirds6 whole carrots, peeled and chopped into thirds1 large brown onion rinsed and halved, outer skin intact5 sprigs of fresh curly–leafed parsley1 tbsp whole black peppercorns2 tsp whole cloves2 bay leaves1/2 bunch of fresh dill, lower stems removed
- ☐ Kosher or sea salt to taste
- ☐ You will also needstockpot, strainer
- ☐ Prep Time: 15 Minutes
- ☐ Cook Time: 2 Hours 45 Minutes
- ☐ Total Time: 3 Hours
- ☐ Servings: 8–12 servings depending on the size of your stock pot
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:7.4156521506931%

Flavonoids

Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg, Apigenin: 0.96mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg,

Isorhamnetin: 0.64mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 40.81kcal (2.04%), Fat: 1.57g (2.42%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.4g (1.23%), Sugar: 2.01g (2.23%), Cholesterol: 7.22mg (2.41%), Sodium: 224.11mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin A: 5161.95IU (103.24%), Vitamin K: 13µg (12.38%), Manganese: 0.17mg (8.65%), Fiber: 1.33g (5.31%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.1mg (4.77%), Potassium: 153.08mg (4.37%), Vitamin C: 3.54mg (4.29%), Phosphorus: 30.55mg (3.05%), Folate: 10.34µg (2.58%), Vitamin B1: 0.03mg (2.22%), Selenium: 1.53µg (2.19%), Magnesium: 8.74mg (2.18%), Vitamin B2: 0.04mg (2.11%), Vitamin B5: 0.2mg (2.05%), Calcium: 19.41mg (1.94%), Iron: 0.33mg (1.82%), Copper: 0.04mg (1.8%), Vitamin E: 0.25mg (1.67%), Zinc: 0.24mg (1.59%)