



Chicken Soup with Buttermilk Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.2 ounce biscuits refrigerated canned (5 large biscuits)
- ☐ 2 carrots sliced
- ☐ 2 rib celery sliced
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 teaspoons thyme or dried fresh chopped
- ☐ 0.5 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh to taste

- ☐ 5 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion chopped
- ☐ 6 servings pepper freshly ground to taste
- ☐ 6 servings sea salt to taste
- ☐ 21 ounces chicken thighs boneless skinless

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ cutting board

Directions

- ☐ Heat olive oil in a large pot over medium-high heat. Cook chicken thighs 6 minutes on each side or until lightly browned. (Chicken may not completely cook through but will finish cooking when returned to broth.)
- ☐ Transfer chicken to a cutting board; cut into bite-size pieces, and set aside.
- ☐ Melt butter in pot over medium heat.
- ☐ Add onion, celery, and carrot, and saut 3 minutes. Stir in broth and next 3 ingredients. Bring to a boil; reduce heat, and simmer, covered, 5 minutes.
- ☐ Whisk together cream and cornstarch in a small bowl; stir into simmering broth.
- ☐ Cut each biscuit into quarters, and dredge pieces in flour, shaking off excess.
- ☐ Add biscuits to broth, and cook, partially covered, 3 minutes on each side or until biscuits are firm to the touch. (Biscuits will continue to cook.)
- ☐ Add chicken, lemon juice, and chives to broth; simmer until chicken is heated through. Season with additional sea salt and pepper, if desired.

Nutrition Facts



 PROTEIN **22.56%**  FAT **49.63%**  CARBS **27.81%**

Properties

Glycemic Index:49.64, Glycemic Load:15.98, Inflammation Score:-10, Nutrition Score:21.03173919346%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg, Isorhamnetin: 1.37mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 477.74kcal (23.89%), Fat: 26.61g (40.94%), Saturated Fat: 9.89g (61.8%), Carbohydrates: 33.55g (11.18%), Net Carbohydrates: 31.7g (11.53%), Sugar: 4.64g (5.16%), Cholesterol: 127.19mg (42.4%), Sodium: 846.31mg (36.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.42%), Vitamin A: 3917.74IU (78.35%), Vitamin B3: 10.13mg (50.63%), Phosphorus: 481.19mg (48.12%), Selenium: 32.39µg (46.27%), Vitamin B6: 0.55mg (27.74%), Vitamin B2: 0.44mg (25.69%), Vitamin B1: 0.33mg (21.87%), Iron: 3.41mg (18.94%), Potassium: 654.27mg (18.69%), Vitamin K: 19.53µg (18.6%), Manganese: 0.31mg (15.7%), Vitamin B12: 0.94µg (15.65%), Vitamin B5: 1.49mg (14.88%), Zinc: 2.11mg (14.09%), Folate: 50.55µg (12.64%), Copper: 0.23mg (11.29%), Vitamin E: 1.61mg (10.77%), Magnesium: 41.28mg (10.32%), Calcium: 75.84mg (7.58%), Fiber: 1.85g (7.39%), Vitamin C: 5.28mg (6.4%), Vitamin D: 0.32µg (2.12%)