



Chicken Soup with Whole-Wheat Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 small butternut squash—peeled seeded cut into 1/2-inch pieces
- 1 large carrots cut into 1/2-inch pieces
- 8 cups chicken stock see
- 1 large eggs
- 0.3 cup flour all-purpose
- 1 leek white green halved lengthwise cut into 1-inch pieces
- 2 tablespoons parmesan cheese freshly grated
- 1 large parsnips cut into 1/2-inch pieces
- 6 servings salt and pepper freshly ground

- 2 tablespoons skim milk
- 0.8 pound chicken breast halves boneless skinless
- 1 large turnip peeled cut into 1/2-inch pieces
- 0.3 cup flour whole-wheat

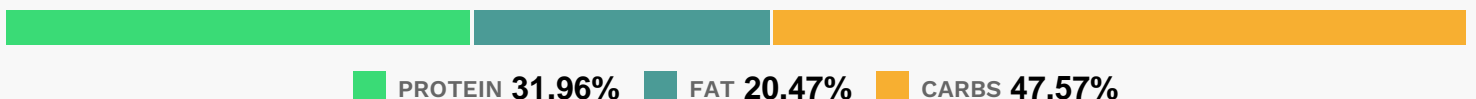
Equipment

- bowl
- knife
- pot
- pastry bag

Directions

- In a large pot, bring the chicken stock to a simmer.
- Add the chicken breasts and simmer over moderate heat until just cooked through, about 20 minutes.
- Transfer the chicken to a plate to cool slightly, then pull into shreds.
- Meanwhile, in a medium bowl, mix the flours with the Parmesan, milk and egg. Season with 1/4 teaspoon of salt and 1/4 teaspoon of pepper.
- Transfer to a pastry bag fitted with a 1/4-inch round tip.
- Add the carrot, parsnip, squash and turnip to the stock and season with salt and pepper. Cover partially and cook over moderate heat until the vegetables are just tender, about 10 minutes.
- Add the leek and cook until tender. Holding the pastry bag in 1 hand and a table knife in the other, cut 1-inch lengths of the dumpling dough into the simmering soup. When all of the dough has been added, stir gently and cook until tender, about 2 minutes.
- Add the shredded chicken, cook until heated through and serve.
- Notes: One Serving 208 calories, 4 gm total fat, 3 gm saturated fat, 22 gm carb.

Nutrition Facts



Properties

Glycemic Index:52.01, Glycemic Load:6.72, Inflammation Score:-10, Nutrition Score:25.678695580234%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 306.44kcal (15.32%), Fat: 6.99g (10.76%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 32.21g (11.71%), Sugar: 10.3g (11.44%), Cholesterol: 78.49mg (26.16%), Sodium: 797.18mg (34.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.56g (49.12%), Vitamin A: 8992.42IU (179.85%), Vitamin B3: 12.77mg (63.84%), Selenium: 34.43µg (49.19%), Vitamin B6: 0.86mg (42.95%), Vitamin C: 27.73mg (33.61%), Manganese: 0.65mg (32.6%), Phosphorus: 317.95mg (31.8%), Potassium: 1032.7mg (29.51%), Vitamin B2: 0.46mg (27%), Vitamin B1: 0.34mg (22.38%), Folate: 84.65µg (21.16%), Magnesium: 75.42mg (18.85%), Copper: 0.35mg (17.41%), Fiber: 4.34g (17.37%), Vitamin B5: 1.53mg (15.31%), Vitamin K: 16µg (15.24%), Iron: 2.49mg (13.82%), Vitamin E: 1.85mg (12.32%), Calcium: 102.2mg (10.22%), Zinc: 1.52mg (10.14%), Vitamin B12: 0.24µg (3.98%), Vitamin D: 0.29µg (1.91%)