



Chicken-Vegetable Soup with Dumplings

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



150 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups roasted chicken cooked
- ☐ 32 oz chicken broth (4 cups)
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2.7 cups savory vegetable mixed frozen thawed drained
- ☐ 0.3 cup milk
- ☐ 1 cup frangelico

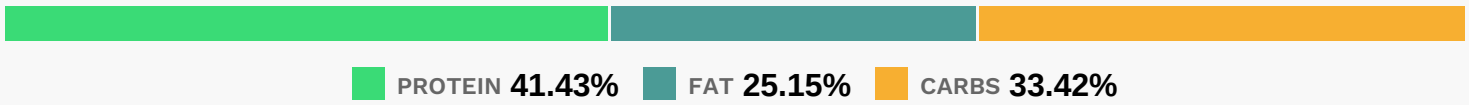
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In 3-quart saucepan, heat all ingredients except Bisquick mix and milk to boiling, stirring occasionally.
- ☐ In small bowl, stir Bisquick mix and milk with fork until soft dough forms. Drop dough by 18 teaspoonfuls onto boiling soup. If dumplings sink into soup, carefully bring them to top of broth using slotted spoon. Reduce heat to medium-low.
- ☐ Cook uncovered 10 minutes. Cover and cook 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:13.362608598626%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 149.82kcal (7.49%), Fat: 4.3g (6.61%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 9.4g (3.42%), Sugar: 1.32g (1.46%), Cholesterol: 39.65mg (13.22%), Sodium: 639.76mg (27.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.85%), Vitamin A: 4263.33IU (85.27%), Vitamin B3: 5.07mg (25.36%), Selenium: 12.81µg (18.3%), Phosphorus: 160.22mg (16.02%), Manganese: 0.31mg (15.66%), Vitamin B2: 0.25mg (14.85%), Vitamin B6: 0.29mg (14.72%), Vitamin C: 11.48mg (13.91%), Fiber: 3.44g (13.77%), Vitamin B1: 0.17mg (11.34%), Vitamin K: 10.99µg (10.47%), Potassium: 340.71mg (9.73%), Iron: 1.7mg (9.45%), Magnesium: 34.8mg (8.7%), Zinc: 1.27mg (8.5%), Folate: 27.36µg (6.84%), Copper: 0.14mg (6.76%), Vitamin B5: 0.66mg (6.63%), Calcium: 56mg (5.6%), Vitamin B12: 0.24µg (3.98%)