



WHATSheATE



Chili Chicken Soup with Cilantro Dumplings



Gluten Free



Popular

READY IN



45 min.

SERVINGS



5

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.3 lb chicken breast boneless skinless cut into 1-inch cubes
- ☐ 0.5 cup onion chopped
- ☐ 3 teaspoons chili powder
- ☐ 0.5 teaspoon salt
- ☐ 5 cups chicken broth (from two 32-oz cartons)
- ☐ 0.7 cup milk
- ☐ 0.5 cup cilantro leaves fresh chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped
- ☐ 2 cups frangelico

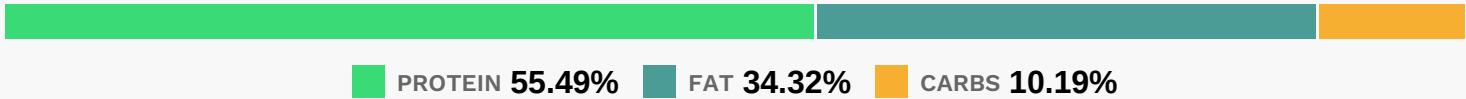
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat. Cook chicken, onion, chili powder and salt in oil, stirring frequently, until chicken is browned. Stir in broth.
- ☐ Heat to boiling; reduce heat to medium. Simmer uncovered 5 minutes.
- ☐ Meanwhile, in medium bowl, mix Bisquick mix and milk until soft dough forms. Fold in cilantro, cumin and chile. Drop dough by 10 spoonfuls onto simmering soup. Cook uncovered 10 minutes. Cover; cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:15.426087047743%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 198.65kcal (9.93%), Fat: 7.44g (11.45%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 4.97g (1.66%), Net Carbohydrates: 4.14g (1.51%), Sugar: 3.47g (3.86%), Cholesterol: 81.18mg (27.06%), Sodium: 1269.78mg (55.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Vitamin B3: 12.6mg (62.98%), Selenium: 38.21µg (54.58%), Vitamin B6: 0.93mg (46.43%), Phosphorus: 291.13mg (29.11%), Vitamin B2: 0.32mg (18.69%), Vitamin B5: 1.81mg (18.07%), Potassium: 576.34mg (16.47%), Vitamin A: 588.24IU (11.76%), Vitamin K: 12.15µg (11.57%), Vitamin B1: 0.15mg (10.26%), Magnesium: 40.7mg (10.17%), Manganese: 0.18mg (9.21%), Vitamin E: 1.16mg

(7.71%), Vitamin C: 6.32mg (7.66%), Vitamin B12: 0.45µg (7.49%), Zinc: 1.06mg (7.04%), Calcium: 66.14mg (6.61%), Iron: 1mg (5.53%), Copper: 0.09mg (4.56%), Fiber: 0.83g (3.34%), Vitamin D: 0.47µg (3.14%), Folate: 9.68µg (2.42%)