



Hungarian-ish Mini-Dumpling and Egg Noodle Soup

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs plain
- ☐ 8 cups chicken stock boxes (recommended: Kitchen Basics, 2 (1-quart))
- ☐ 1 Handful optional: dill fresh finely chopped
- ☐ 1 eggs
- ☐ 1.5 cups extra wide egg noodles thin
- ☐ 1 pound ground turkey breast lean (I keep an extra pack of both in the freezer; they are both so and easy to work with!)
- ☐ 0.3 teaspoon nutmeg freshly grated

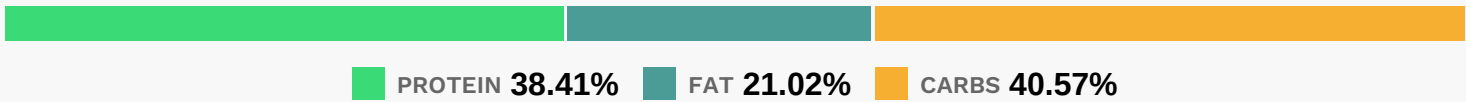
- ☐ 1 Handful parsley leaves finely chopped
- ☐ 0.5 cup roasted peppers red spanish very thinly sliced quartered
- ☐ 4 servings salt and pepper
- ☐ 6 scallions shredded cut into 2-inch pieces then into thin sticks
- ☐ 1 teaspoon paprika smoked sweet

Equipment

Directions

- ☐ Heat stock to a boil and reduce heat to simmer.
- ☐ Mix the chicken with egg, bread crumbs, nutmeg, smoked sweet paprika, parsley, salt and pepper.
- ☐ Roll the meat into 1-inch dumplings and add to simmering stock. Wash up and let the dumplings cook 3 to 4 minutes alone.
- ☐ Add the egg noodles, peppers and scallions and stir. Cook another 4 to 5 minutes until noodles are just tender. Stir in dill. Season soup with salt and pepper to taste and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:4.59, Inflammation Score:-7, Nutrition Score:30.06217400924%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 488.35kcal (24.42%), Fat: 11.29g (17.37%), Saturated Fat: 2.99g (18.68%), Carbohydrates: 49.03g (16.34%), Net Carbohydrates: 46.43g (16.88%), Sugar: 10.08g (11.2%), Cholesterol: 129.66mg (43.22%), Sodium: 1397.8mg

(60.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.42g (92.84%), Vitamin B3: 20.95mg (104.76%), Selenium: 57.23µg (81.75%), Vitamin B6: 1.4mg (70.06%), Vitamin K: 56.91µg (54.2%), Phosphorus: 500.43mg (50.04%), Vitamin B2: 0.73mg (42.74%), Vitamin B1: 0.55mg (36.36%), Potassium: 1035.89mg (29.6%), Copper: 0.49mg (24.43%), Zinc: 3.61mg (24.1%), Iron: 4.24mg (23.58%), Manganese: 0.45mg (22.67%), Folate: 87.82µg (21.95%), Magnesium: 80.57mg (20.14%), Vitamin C: 14.03mg (17.01%), Vitamin B5: 1.48mg (14.83%), Vitamin A: 731.38IU (14.63%), Vitamin B12: 0.81µg (13.53%), Fiber: 2.6g (10.41%), Calcium: 101.89mg (10.19%), Vitamin D: 0.72µg (4.78%), Vitamin E: 0.67mg (4.43%)