



Lemon Chicken Soup with Dumplings

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



154 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 2 large carrots cut into 3-inch pieces
- ☐ 2 celery stalks cut into 3-inch pieces
- ☐ 2 pounds chicken bones (such as necks and backs)
- ☐ 3 large eggs divided lightly beaten
- ☐ 1.5 tablespoons optional: dill fresh chopped

- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 teaspoon ground turmeric
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.7 cup matzo meal
- ☐ 1 large onion halved
- ☐ 0.5 pound chicken breast halves boneless skinless
- ☐ 2 tablespoons seltzer water
- ☐ 12 cups water

Equipment

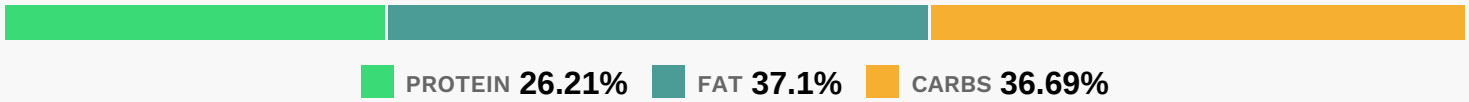
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve

Directions

- ☐ Preheat oven to 425
- ☐ Arrange first 4 ingredients on a jelly-roll pan.
- ☐ Bake at 425 for 45 minutes or until browned.
- ☐ Combine chicken mixture, 12 cups water, and bay leaf in a stockpot over high heat. Bring to a boil. Reduce heat to low, and simmer gently for 2 hours, skimming fat and foam from surface occasionally. Strain stock through a fine sieve into a large bowl; discard solids. Skim fat from surface of stock; discard fat. Return stock to pan; stir in turmeric and 1/2 teaspoon salt.
- ☐ Combine remaining 1/4 teaspoon salt, matzo meal, and the next 5 ingredients (through pepper).

- ☐ Add 2 eggs; stir until combined. Cover and refrigerate for 30 minutes. With moist hands,shape the mixture into 24 (1-inch) balls. Bring stock to a simmer (do not boil).
- ☐ Add dumplings to stock, and cook for 15 minutes.
- ☐ Add chicken, and continue cooking 15 minutes or until chicken is done.
- ☐ Remove pan from heat.
- ☐ Remove chicken from stock, and let stand for 5 minutes.
- ☐ Cut chicken into thin slices; return to pan.
- ☐ Remove 1 cup hot broth mixture.
- ☐ Place remaining 1 egg in a medium bowl. Gradually add 1 cup hot broth mixture to egg, stirring constantly with a whisk. Slowly pour beaten egg mixture into pan, stirring constantly with a whisk. Stir in lemon juice, and sprinkle with dill.

Nutrition Facts



Properties

Glycemic Index:23.73, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:10.649130396221%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 153.53kcal (7.68%), Fat: 6.29g (9.67%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 12.65g (4.6%), Sugar: 1.89g (2.1%), Cholesterol: 87.89mg (29.3%), Sodium: 310.52mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.99g (19.99%), Vitamin A: 3171.2IU (63.42%), Selenium: 19.27µg (27.53%), Vitamin B3: 3.65mg (18.27%), Vitamin B6: 0.31mg (15.69%), Vitamin K: 13.72µg (13.07%), Phosphorus: 120.5mg (12.05%), Vitamin B2: 0.17mg (9.79%), Manganese: 0.17mg (8.38%), Vitamin B5: 0.83mg (8.27%), Potassium: 246.72mg (7.05%), Vitamin C: 5.72mg (6.93%), Vitamin E: 1.01mg (6.76%), Vitamin B1: 0.09mg (6.24%), Iron: 1.06mg (5.87%), Fiber: 1.34g (5.37%), Magnesium: 21.47mg (5.37%), Copper: 0.11mg (5.27%), Folate: 21.09µg (5.27%), Zinc: 0.62mg (4.15%), Calcium: 37.63mg (3.76%), Vitamin B12: 0.22µg (3.73%), Vitamin D: 0.4µg (2.69%)