



 **20%**
HEALTH SCORE

Michael Symon's Chicken-And-Dumpling Soup

READY IN



170 min.

SERVINGS



7

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 carrots diced
- 1 celery root diced peeled finely
- 2.5 lbs chicken organic ()
- 0.5 cup cooking fat (sold in tubs at gourmet stores)
- 3 large eggs
- 1 fennel bulb diced finely
- 1 tablespoon fennel seeds toasted
- 1.3 cups flour all-purpose

- 1 tablespoon parsley fresh chopped
- 2 tablespoons tarragon fresh chopped
- 4 sprigs thyme sprigs fresh
- 4 garlic clove minced
- 0.5 teaspoon nutmeg
- 7 servings pepper fresh
- 7 servings kosher salt
- 1 cup milk
- 1 onion diced finely
- 1 rutabaga diced peeled finely
- 1 turnip diced peeled finely
- 1 tablespoon butter unsalted
- 4 cups wine

Equipment

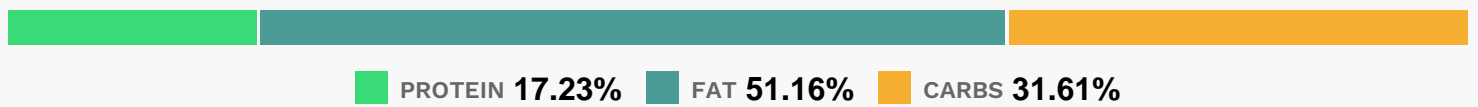
- bowl
- sauce pan
- whisk
- pot
- wooden spoon
- ice cream scoop

Directions

- Melt the butter in a 6-quart pot over medium heat.
- Add the garlic, carrots, celery root, turnip, rutabaga, onion, diced fennel, and a large pinch of salt; cook until vegetables are tender, about 5 minutes.
- Add the white wine, 6 cups water, fennel seeds, thyme and bay leaves; bring to a simmer.
- Add the chicken and simmer for 2 hours.

- Combine the milk, chicken fat, 1 tablespoon tarragon, the nutmeg, and 1/2 teaspoon each salt and pepper in a medium saucepan; bring to a simmer over medium heat.
- Remove from heat; add the flour and stir vigorously with a wooden spoon until the liquid is absorbed.
- Whisk in the eggs, one at a time, to make a thick dough. Bring the soup to a boil. Form the dough into eight dumplings (a big spoon or ice cream scoop); drop into the soup. Cover and cook until the dumplings float to the top of the surface, about 10 minutes.
- Add the chicken meat, parsley and the remaining 1 tablespoon tarragon to the soup; stir carefully and divide among warm bowls.

Nutrition Facts



Properties

Glycemic Index:100.83, Glycemic Load:21.32, Inflammation Score:-10, Nutrition Score:29.896521982939%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg, Apigenin: 5.61mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg, Myricetin: 1.31mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 659.93kcal (33%), Fat: 32.18g (49.51%), Saturated Fat: 10.31g (64.46%), Carbohydrates: 44.73g (14.91%), Net Carbohydrates: 38.39g (13.96%), Sugar: 10.61g (11.79%), Cholesterol: 158.96mg (52.99%), Sodium: 443.31mg (19.27%), Alcohol: 14.13g (100%), Protein: 24.39g (48.78%), Vitamin K: 73.27µg (69.78%), Vitamin A: 3451.91IU (69.04%), Manganese: 0.96mg (48.04%), Vitamin C: 35.73mg (43.31%), Vitamin B3: 8.58mg (42.91%), Phosphorus: 423.79mg (42.38%), Selenium: 28.02µg (40.03%), Vitamin B6: 0.77mg (38.4%), Potassium: 1138.17mg (32.52%), Vitamin B2: 0.51mg (30.25%), Iron: 4.75mg (26.4%), Vitamin B1: 0.4mg (26.36%), Fiber: 6.33g (25.34%), Folate: 100.8µg (25.2%), Magnesium: 94.17mg (23.54%), Calcium: 214.51mg (21.45%), Vitamin B5: 1.94mg (19.38%), Zinc: 2.53mg (16.89%), Copper: 0.26mg (12.97%), Vitamin E: 1.75mg (11.7%), Vitamin D: 1.7µg (11.34%), Vitamin B12: 0.62µg (10.39%)