



## Potato, Ham, Broccoli and Cheese Soup with Baby Dumplings

READY IN



70 min.

SERVINGS



8

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 head broccoli chopped
- ☐ 0.3 cup butter
- ☐ 1 carrots diced peeled
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 stalk celery sliced
- ☐ 4 cups chicken stock see
- ☐ 2 cups ham diced cooked
- ☐ 2 tablespoons parsley dried

- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground thyme
- ☐ 4 cups milk
- ☐ 4 potatoes cubed peeled
- ☐ 8 servings salt and pepper to taste
- ☐ 3 cups cheddar cheese shredded
- ☐ 1 onion yellow chopped

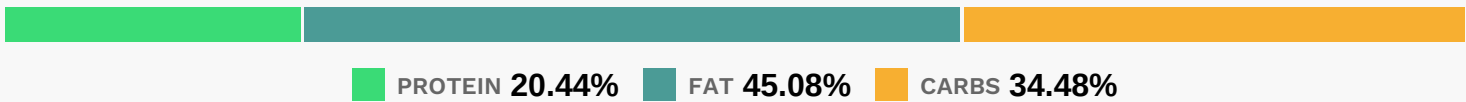
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Heat the butter in a large stock pot over medium heat. Cook and stir celery, onion, carrot, and garlic until the onion is translucent. Stir in potatoes, chicken stock, cayenne, thyme, and parsley. Bring to a boil, then cover and reduce heat. Simmer until the potatoes are tender, about 15 minutes.
- ☐ Mix the egg and flour together in a bowl using a fork until the mixture resembles grains of rice.
- ☐ Stir ham and milk into the stock pot and allow the soup to return to a simmer. Slowly sprinkle the dumpling mixture into the soup, stirring constantly to prevent clumps. Simmer for 10 minutes, stirring occasionally. Stir in broccoli and Cheddar cheese. Cook until the broccoli is tender and the Cheddar cheese is melted, about 5 minutes. Season with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:59.2, Glycemic Load:26.36, Inflammation Score:-10, Nutrition Score:35.070434653241%

## Flavonoids

Apigenin: 22.66mg, Apigenin: 22.66mg, Apigenin: 22.66mg, Apigenin: 22.66mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg, Kaempferol: 6.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 568.12kcal (28.41%), Fat: 28.8g (44.3%), Saturated Fat: 15.25g (95.31%), Carbohydrates: 49.56g (16.52%), Net Carbohydrates: 44.09g (16.03%), Sugar: 11.16g (12.4%), Cholesterol: 116.95mg (38.98%), Sodium: 1112.75mg (48.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.38g (58.76%), Vitamin C: 98.37mg (119.23%), Vitamin K: 92.17µg (87.78%), Phosphorus: 585.07mg (58.51%), Calcium: 528.01mg (52.8%), Vitamin A: 2630.19IU (52.6%), Selenium: 32.21µg (46.01%), Vitamin B2: 0.78mg (45.72%), Vitamin B6: 0.77mg (38.39%), Vitamin B1: 0.55mg (36.9%), Potassium: 1213.63mg (34.68%), Folate: 119.07µg (29.77%), Vitamin B3: 5.76mg (28.8%), Manganese: 0.57mg (28.35%), Vitamin B12: 1.57µg (26.12%), Zinc: 3.76mg (25.06%), Fiber: 5.46g (21.86%), Magnesium: 86.91mg (21.73%), Vitamin B5: 1.85mg (18.52%), Iron: 3.05mg (16.93%), Copper: 0.31mg (15.53%), Vitamin D: 1.71µg (11.38%), Vitamin E: 1.38mg (9.18%)