



Round 2 German Dumpling Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



128 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple cider
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tablespoon canola oil
- ☐ 1 quart chicken broth
- ☐ 1 head cabbage shredded green for online round 2 recipe cabbage and pear slaw reserve half
- ☐ 4 servings kosher salt to taste
- ☐ 4 servings reserved dumplings from the parsley dumpling
- ☐ 1 medium onion yellow sliced

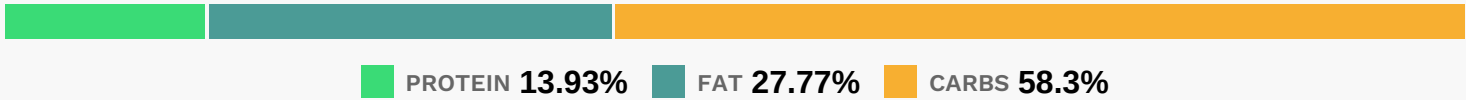
Equipment

☐ pot

Directions

- ☐ In a medium pot over medium heat, add the oil. When it is hot, add the onion and cook until it begins to soften, 2 to 3 minutes.
- ☐ Add the cabbage, season with salt and pepper, and cook until the cabbage begins to soften, about 3 to 4 minutes.
- ☐ Add the chicken stock and cider, bring it to a boil, reduce to a simmer, and cook until the cabbage and onions are soft, about 8 to 10 minutes.
- ☐ Add the dumpling and heat through. Taste and adjust seasoning with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:43.94, Glycemic Load:5.25, Inflammation Score:-8, Nutrition Score:18.26434790829%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg, Apigenin: 8.8mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 128.15kcal (6.41%), Fat: 4.32g (6.65%), Saturated Fat: 0.39g (2.44%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 14.07g (5.12%), Sugar: 12.32g (13.69%), Cholesterol: 4.73mg (1.58%), Sodium: 1116.93mg (48.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.76%), Vitamin K: 240.89µg (229.42%), Vitamin C: 90.7mg (109.94%), Manganese: 0.55mg (27.45%), Folate: 108.93µg (27.23%), Fiber: 6.36g (25.44%), Vitamin B6: 0.32mg (16.18%), Potassium: 521.96mg (14.91%), Vitamin B2: 0.25mg (14.53%), Vitamin B1: 0.21mg (14.04%), Calcium: 115.03mg (11.5%), Vitamin A: 565.54IU (11.31%), Magnesium: 36.01mg (9%), Iron: 1.59mg (8.81%), Phosphorus: 81mg (8.1%), Vitamin E: 1.09mg (7.25%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.57mg (5.68%), Copper: 0.1mg (5.02%),

Zinc: 0.67mg (4.48%), Selenium: 1.8µg (2.58%)