



## Savoy Cabbage Soup with Buckwheat Dumplings

READY IN



90 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 1.5 pounds savoy cabbage cored thinly sliced
- 1 teaspoon pepper black freshly ground
- 0.8 cup buckwheat flour
- 2 teaspoons caraway seeds whole
- 1.3 cups flour all-purpose
- 1 medium apples i use 2 granny smith apples
- 2 teaspoons kosher salt

- 1 quart chicken broth low-sodium
- 1 cup milk (not nonfat)
- 4 teaspoons dijon mustard stone-ground
- 7 ounces bacon thick-cut
- 2 tablespoons butter unsalted cooled melted
- 3 cups water
- 1.5 teaspoons coriander seeds whole
- 1 medium onion yellow

## Equipment

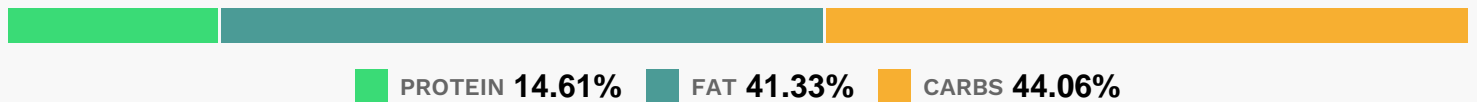
- bowl
- frying pan
- whisk
- pot
- slotted spoon
- dutch oven
- cutting board
- box grater

## Directions

- Place the caraway and coriander seeds in a small frying pan over medium heat. Toast, shaking the pan occasionally, until fragrant, about 4 minutes.
- Remove to a cutting board and let cool, about 2 minutes. Crush the seeds using a mallet or frying pan until broken into pieces but not pulverized; set aside.
- Place the bacon in a large, wide pot or Dutch oven over medium heat. Cook, stirring occasionally, until crisp and browned, about 10 to 12 minutes. Meanwhile, grate the apple on the large holes of a box grater into a medium bowl and set aside (you don't need to peel the apple). When the bacon is ready, use a slotted spoon to transfer it to a paper-towel-lined plate; set aside. Leave the rendered fat in the pot over medium heat.

- Add the grated apple and any juices, onion, and crushed caraway and coriander to the pot, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the onion is softened, about 8 to 10 minutes. Stir in the mustard until evenly combined.
- Add the cabbage and measured salt, season with pepper, and stir to combine. Cook, stirring occasionally, until the cabbage is slightly wilted, about 5 minutes.
- Whisk together the flours, baking powder, salt, and pepper in a large bowl to break up any lumps. Stir in the milk and melted butter until the dough just comes together (it will be very thick). Once the soup is simmering, reduce the heat to medium low. Taste and season with salt and pepper. Drop 1 heaping tablespoon of dough at a time into the soup around the perimeter of the pot and repeat until all the dough has been used. Cover with a tightfitting lid and cook until the dumplings are fluffy and cooked through and the cabbage is tender, about 10 minutes.
- Serve garnish with the reserved bacon pieces.

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:18.06, Inflammation Score:-9, Nutrition Score:24.523478342139%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

## Nutrients (% of daily need)

Calories: 427.07kcal (21.35%), Fat: 20.37g (31.34%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 41.41g (15.06%), Sugar: 9.18g (10.2%), Cholesterol: 36.74mg (12.25%), Sodium: 1276.63mg (55.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.2g (32.41%), Vitamin K: 80.93µg

(77.08%), Vitamin C: 38.16mg (46.26%), Manganese: 0.8mg (40.13%), Folate: 151.36µg (37.84%), Vitamin B1: 0.48mg (32.31%), Vitamin B3: 6.44mg (32.21%), Phosphorus: 311.27mg (31.13%), Fiber: 7.45g (29.81%), Selenium: 19.63µg (28.04%), Vitamin A: 1352.08IU (27.04%), Vitamin B6: 0.48mg (24.15%), Magnesium: 96.1mg (24.03%), Calcium: 208.98mg (20.9%), Potassium: 722.9mg (20.65%), Vitamin B2: 0.34mg (20.15%), Iron: 3.24mg (18.01%), Copper: 0.33mg (16.67%), Zinc: 1.82mg (12.12%), Vitamin B12: 0.55µg (9.18%), Vitamin B5: 0.79mg (7.88%), Vitamin D: 0.65µg (4.33%), Vitamin E: 0.62mg (4.12%)