



Slow Cooker Turkey Soup with Dumplings

READY IN



405 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1 cup carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 32 fluid ounce chicken stock see
- ☐ 1 cup corn kernels
- ☐ 1 teaspoon garlic powder
- ☐ 6 servings salt and ground pepper black to taste

- ☐ 1 onion chopped
- ☐ 1 teaspoon onion powder
- ☐ 3 potatoes cubed peeled
- ☐ 2 tablespoons poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 2 cups turkey cooked chopped

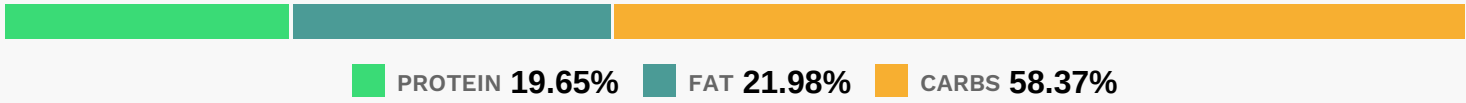
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Place the turkey, onion, celery, potatoes, carrots, corn, poultry seasoning, onion powder, and garlic powder into a slow cooker, and pour the chicken stock over the turkey and vegetables.
- ☐ Mix well and season to taste with salt and black pepper. Set the cooker on Low, cover, and cook until the vegetables are tender, about 6 hours.
- ☐ Whisk the flour, baking powder, and 1 teaspoon of salt together in a bowl, and mix in the melted butter. Stir the dumpling dough until it begins to firm up, 1 to 2 minutes. Drop the dough by tablespoon into the simmering soup. Replace lid; simmer about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:73.93, Glycemic Load:26.6, Inflammation Score:-10, Nutrition Score:21.097391146681%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 338.89kcal (16.94%), Fat: 8.38g (12.9%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 45.22g (16.44%), Sugar: 6.66g (7.4%), Cholesterol: 38.62mg (12.87%), Sodium: 911.43mg (39.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Vitamin A: 3814.16IU (76.28%), Vitamin B3: 7.97mg (39.84%), Vitamin B6: 0.72mg (35.91%), Vitamin C: 25.01mg (30.31%), Selenium: 18.56µg (26.51%), Manganese: 0.52mg (26.13%), Potassium: 897.41mg (25.64%), Phosphorus: 250.89mg (25.09%), Vitamin B1: 0.36mg (24.19%), Vitamin B2: 0.39mg (22.76%), Folate: 90.26µg (22.57%), Vitamin K: 20.44µg (19.47%), Fiber: 4.85g (19.4%), Iron: 3.29mg (18.27%), Copper: 0.3mg (15.19%), Magnesium: 57.47mg (14.37%), Calcium: 136.8mg (13.68%), Zinc: 1.53mg (10.2%), Vitamin B5: 0.9mg (8.99%), Vitamin B12: 0.41µg (6.87%), Vitamin E: 0.44mg (2.91%)