



Spaetzle and Chicken Soup

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 ounce baby carrots
- 1 bunch celery with leaves, cut into pieces
- 29 ounce chicken broth canned
- 5 eggs
- 3 cups flour all-purpose
- 0.5 teaspoon garlic salt to taste
- 8 servings salt and ground pepper black to taste
- 0.5 teaspoon parsley flakes

- 1 teaspoon salt
- 0.5 cup water
- 2 pound meat from a rotisserie chicken whole
- 2 medium onions yellow quartered

Equipment

- bowl
- pot
- butter knife

Directions

- Place chicken in a stock pot, and add enough water to cover.
- Pour in the chicken broth, and add celery and onions. Season with salt, pepper and garlic salt. Bring to a boil, and cook for about 1 hour to get a good broth.
- When the chicken is cooked through and tender, remove it to a platter and let sit until it is cool enough to handle. Strain broth, and discard celery and onions. Return the broth to the stock pot.
- Remove chicken meat from the bones, chop or tear into pieces, then return it to the pot also. Bring the broth to a boil, and add carrots.
- In a medium bowl, stir together the eggs, water and salt. Gradually add flour until the dough is firm enough to form a ball. You may need more or less flour. Pat the dough out on a flat plate. Using a butter knife, cut slices of dough off the edge of the plate so they are about 2 to 3 inches long. Allow them to fall directly into the boiling broth.
- Once the carrots are tender, the soup is ready.
- Sprinkle with parsley flakes and serve.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:26.48, Inflammation Score:-10, Nutrition Score:25.38739135991%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 548.91kcal (27.45%), Fat: 19.71g (30.32%), Saturated Fat: 5.62g (35.12%), Carbohydrates: 44.35g (14.78%), Net Carbohydrates: 40.87g (14.86%), Sugar: 4.16g (4.62%), Cholesterol: 194.51mg (64.84%), Sodium: 1059.57mg (46.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.29%), Vitamin A: 8249.07IU (164.98%), Selenium: 51.76µg (73.94%), Vitamin B3: 9.32mg (46.61%), Phosphorus: 367.56mg (36.76%), Vitamin B2: 0.56mg (32.73%), Folate: 126.39µg (31.6%), Vitamin B1: 0.44mg (29.5%), Iron: 5.07mg (28.16%), Vitamin B6: 0.55mg (27.49%), Zinc: 4.12mg (27.46%), Vitamin B12: 1.44µg (24.02%), Manganese: 0.48mg (23.92%), Potassium: 537.33mg (15.35%), Vitamin B5: 1.4mg (13.97%), Fiber: 3.48g (13.94%), Magnesium: 53.35mg (13.34%), Copper: 0.24mg (11.9%), Vitamin K: 10.56µg (10.05%), Calcium: 70.5mg (7.05%), Vitamin E: 0.83mg (5.53%), Vitamin C: 4.54mg (5.51%), Vitamin D: 0.76µg (5.08%)