



## Bumpin' Chicken and Dumplings

READY IN



40 min.

SERVINGS



6

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 leaves basil chiffonade
- 6 servings butter for baking dish
- 28 ounce canned tomatoes diced canned
- 0.3 cup parsley leaves fresh chopped
- 4 tablespoons garlic minced
- 1.5 tablespoons kosher salt
- 8 ounces mozzarella cheese smoked cut in small cubes
- 0.3 cup olive oil extra-virgin
- 4 tablespoons parmesan divided grated

- 1 tablespoon cracked pepper black
- 12 ounce potato gnocchi
- 1 tablespoon pepper flakes red
- 3 pound roasted chicken diced

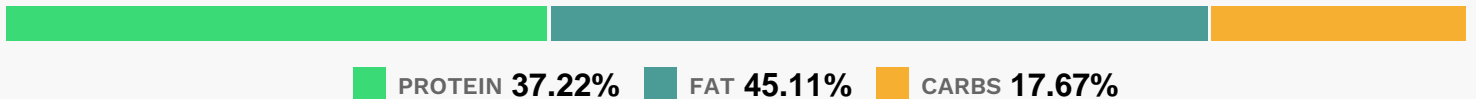
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat the oven to 400 degrees F. Lightly butter an 8 by 8-inch baking dish.
- Cook the gnocchi according to package directions.
- In a large deep saute pan over medium-high heat, add the oil. Stir in the garlic and red pepper flakes and cook until the garlic begins to brown, about 1 to 2 minutes.
- Add the tomatoes, salt, pepper, and parsley. Reduce the heat and bring to a simmer.
- Add the gnocchi and chicken. Toss well to combine.
- Mix in the mozzarella and 2 tablespoons of the Parmesan.
- Pour the mixture into the baking dish and sprinkle with the remaining Parmesan.
- Bake until the cheese is melted and nicely browned, about 15 to 20 minutes.
- Remove the dish from the oven, garnish with the basil leaves and serve.

## Nutrition Facts



## Properties

Glycemic Index:62.33, Glycemic Load:16.39, Inflammation Score:-8, Nutrition Score:34.302608743958%

## Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 769.95kcal (38.5%), Fat: 38.48g (59.2%), Saturated Fat: 13.76g (86.03%), Carbohydrates: 33.92g (11.31%), Net Carbohydrates: 29.19g (10.61%), Sugar: 6.42g (7.13%), Cholesterol: 212.98mg (70.99%), Sodium: 2628.16mg (114.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 71.43g (142.87%), Vitamin B3: 19.78mg (98.89%), Selenium: 64.9µg (92.71%), Phosphorus: 651.16mg (65.12%), Vitamin B6: 1.24mg (62.24%), Vitamin K: 58.19µg (55.42%), Iron: 7.34mg (40.78%), Zinc: 5.17mg (34.45%), Calcium: 338.34mg (33.83%), Vitamin B2: 0.54mg (32.04%), Potassium: 1015.21mg (29.01%), Vitamin A: 1400.21IU (28%), Vitamin B5: 2.71mg (27.14%), Manganese: 0.54mg (27.07%), Vitamin B12: 1.57µg (26.13%), Vitamin E: 3.69mg (24.58%), Magnesium: 89.59mg (22.4%), Copper: 0.42mg (21.23%), Vitamin C: 17.18mg (20.83%), Fiber: 4.74g (18.94%), Vitamin B1: 0.27mg (18%), Folate: 36.13µg (9.03%), Vitamin D: 0.17µg (1.12%)