



Callie Coe's Chicken and Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



865 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 lbs chicken
- 4 eggs peeled chopped
- 4 servings salt and pepper to taste
- 4 cups self raising flour
- 1 cups water
- 3 quarts water

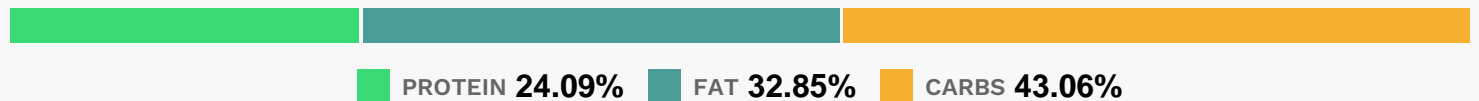
Equipment

- frying pan

Directions

- Place chicken in a large pan; add water, salt and pepper. Bring to a boil; reduce heat and simmer until tender and juices run clear when chicken is pierced with a fork, about one hour.
- Remove chicken, reserving broth in a pan.
- Let chicken cool; remove bones and return meat to chicken broth.
- Add chopped eggs. Bring broth to a boil and add Dumplings one at a time; stir well before adding each new batch of dumplings.
- After adding last batch, cover and simmer until tender, about 20 minutes.
- Remove from heat; let stand a few minutes before serving.
- Mix flour with enough water to make a dough that can be rolled out. Divide dough into 4 batches.
- Roll out each batch of dough 1/2-inch thick on a lightly floured surface; cut into strips.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:58.73, Inflammation Score:-5, Nutrition Score:23.889999980512%

Nutrients (% of daily need)

Calories: 865.25kcal (43.26%), Fat: 30.85g (47.46%), Saturated Fat: 8.72g (54.5%), Carbohydrates: 90.98g (30.33%), Net Carbohydrates: 87.98g (31.99%), Sugar: 0.55g (0.61%), Cholesterol: 286.15mg (95.38%), Sodium: 411.52mg (17.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.89g (101.78%), Selenium: 86.65µg (123.78%), Vitamin B3: 12.39mg (61.94%), Manganese: 1.03mg (51.69%), Phosphorus: 448.41mg (44.84%), Vitamin B6: 0.69mg (34.63%), Vitamin B2: 0.47mg (27.77%), Vitamin B5: 2.71mg (27.08%), Zinc: 3.85mg (25.64%), Copper: 0.46mg (23.04%), Magnesium: 76.88mg (19.22%), Iron: 3.37mg (18.7%), Folate: 71.73µg (17.93%), Vitamin B12: 0.9µg (14.96%), Vitamin B1: 0.22mg (14.37%), Potassium: 494.38mg (14.13%), Fiber: 3g (12%), Vitamin E: 1.45mg (9.68%), Vitamin A: 468.71IU (9.37%), Calcium: 84.54mg (8.45%), Vitamin D: 1.21µg (8.04%), Vitamin C: 2.61mg (3.17%), Vitamin K: 2.96µg (2.82%)