



Chicken and Cornbread Dumplings

READY IN



340 min.

SERVINGS



8

CALORIES



898 kcal

BREAD

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.5 pound carrots sliced
- ☐ 4 rib celery sliced
- ☐ 8 servings meat from a rotisserie chicken
- ☐ 32 oz chicken broth
- ☐ 1 lb skinned and boned chicken thighs
- ☐ 8 servings cornbread dumplings
- ☐ 0.5 cup self-rising cornmeal yellow

- ☐ 21.5 oz cream of chicken soup canned
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 1 cup milk
- ☐ 0.5 pound parsnips sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1.5 lb skinned bone-in
- ☐ 1 onion sweet chopped

Equipment

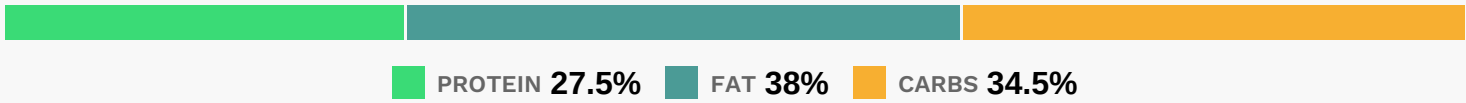
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Prepare Chicken: Rub chicken pieces with salt, pepper, and poultry seasoning.
- ☐ Place breasts in a 6-qt. slow cooker; top with thighs.
- ☐ Add carrots and next 3 ingredients.
- ☐ Whisk together soup and broth until smooth.
- ☐ Pour soup mixture over vegetables. Cover and cook on HIGH 3 1/2 hours or until chicken shreds easily with a fork.
- ☐ Remove chicken; cool 10 minutes. Bone and shred chicken. Stir chicken into soup-and-vegetable mixture. Cover and cook on HIGH 1 hour or until boiling.
- ☐ Whisk together flour and next 3 ingredients. Make a well in center of mixture.
- ☐ Add milk, butter, thyme, and parsley to dry ingredients, gently stirring just until moistened.

Drop dough by 1/4 cupfuls into simmering chicken mixture, leaving about 1/4-inch space between dumplings. Cover and cook on HIGH 30 to 35 minutes or until dumplings have doubled in size.

Nutrition Facts



Properties

Glycemic Index:70.17, Glycemic Load:23.25, Inflammation Score:-10, Nutrition Score:39.823478159697%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 897.97kcal (44.9%), Fat: 37.5g (57.7%), Saturated Fat: 12.72g (79.52%), Carbohydrates: 76.63g (25.54%), Net Carbohydrates: 71.06g (25.84%), Sugar: 16.98g (18.87%), Cholesterol: 247.17mg (82.39%), Sodium: 2154.45mg (93.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.06g (122.12%), Vitamin B3: 23.37mg (116.83%), Vitamin A: 5358.13IU (107.16%), Selenium: 72.71µg (103.88%), Phosphorus: 850.33mg (85.03%), Vitamin B6: 1.53mg (76.44%), Vitamin B2: 0.73mg (43.01%), Vitamin B1: 0.61mg (40.76%), Vitamin B5: 3.96mg (39.56%), Manganese: 0.76mg (38.19%), Potassium: 1151.02mg (32.89%), Folate: 127.52µg (31.88%), Iron: 5.7mg (31.66%), Zinc: 4.38mg (29.19%), Magnesium: 107.04mg (26.76%), Calcium: 249.87mg (24.99%), Fiber: 5.57g (22.28%), Vitamin K: 21.88µg (20.84%), Vitamin B12: 1.2µg (20.06%), Copper: 0.4mg (19.84%), Vitamin E: 2.16mg (14.43%), Vitamin C: 11.45mg (13.88%), Vitamin D: 0.64µg (4.25%)