



Chicken and Dumplings

READY IN



50 min.

SERVINGS



6

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon baking soda
- 20 ounce butternut squash diced peeled
- 4 stalks celery finely chopped
- 2 sprigs dill plus 2 tablespoons dill fresh chopped
- 6 servings kosher salt and pepper black freshly ground
- 2 cups lower-sodium chicken broth
- 0.3 cup lowfat milk (1-percent)
- 1 tablespoon olive oil extra-virgin
- 1 medium onion finely chopped

- 1 cup peas frozen thawed
- 1 pound chicken breasts boneless skinless cut into 1-inch chunks
- 1 tablespoon butter unsalted cold
- 0.5 cup flour whole wheat white

Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- slotted spoon

Directions

- Heat the oil in a large saucepan over medium-high heat until hot.
- Sprinkle the chicken with 1/4 teaspoon each salt and pepper and add to the hot oil. Cook, stirring, until the chicken is no longer pink on the outside but is not cooked through, about 2 minutes.
- Transfer to a bowl with a slotted spoon, reserving the oil in the pan.
- Stir in the squash, celery and onions and cook, stirring occasionally, until the onions are soft, about 5 minutes.
- Add the broth, dill sprigs and 3 cups water. Bring to a boil, and then reduce the heat to medium to maintain a steady simmer. Simmer until a knife easily pierces through the squash, about 15 minutes.
- Meanwhile, whisk together the flour, baking soda, 1/4 teaspoon salt and 1/8 teaspoon pepper in a small bowl. With your fingertips, cut the butter into the flour until the mixture forms coarse crumbs. Stir in the milk just until a dough forms.
- Stir the chicken and peas into the broth and bring to a simmer. Drop the dough into the simmering broth by teaspoons, spacing them evenly to make about 16 dumplings. Cover and simmer on medium low for 5 minutes. Uncover and simmer until the dumplings are cooked through, about 3 minutes. Discard the dill sprigs. Top with chopped dill and serve.

Nutrition Facts

PROTEIN 35.37% FAT 24.56% CARBS 40.07%

Properties

Glycemic Index:25.06, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:21.404782658038%

Flavonoids

Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg 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: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 239.51kcal (11.98%), Fat: 6.7g (10.31%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 19.58g (7.12%), Sugar: 5.07g (5.64%), Cholesterol: 53.89mg (17.96%), Sodium: 448.01mg (19.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.45%), Vitamin A: 10456.11IU (209.12%), Vitamin B3: 9.64mg (48.22%), Vitamin B6: 0.8mg (40.04%), Vitamin C: 32.66mg (39.59%), Selenium: 25.53µg (36.48%), Potassium: 956.46mg (27.33%), Phosphorus: 238.65mg (23.86%), Fiber: 5.03g (20.13%), Manganese: 0.37mg (18.32%), Magnesium: 65.96mg (16.49%), Vitamin B5: 1.61mg (16.08%), Vitamin K: 16.81µg (16.01%), Vitamin B1: 0.23mg (15.14%), Folate: 57.71µg (14.43%), Vitamin E: 2mg (13.36%), Vitamin B2: 0.16mg (9.5%), Iron: 1.65mg (9.17%), Calcium: 90.29mg (9.03%), Copper: 0.15mg (7.47%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.22µg (3.59%), Vitamin D: 0.22µg (1.46%)