



Chicken and Dumplings

READY IN



40 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small biscuit mix)
- ☐ 2 tablespoons butter
- ☐ 2 medium carrots diced peeled thinly sliced
- ☐ 1 rib celery diced
- ☐ 1.5 pounds chicken breast tenders
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 2 tablespoons flour
- ☐ 1 bay leaf fresh
- ☐ 1 tablespoon olive oil

- ☐ 1 medium onion chopped
- ☐ 1 cup peas green frozen
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 quart paper container canned
- ☐ 1 baking potatoes diced peeled
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 0.5 cup warm water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Dice tenders into bite size pieces and set aside. Wash hands.
- ☐ Place a large pot on stove over medium high heat.
- ☐ Add oil, butter, vegetables and bay leaf and cook 5 minutes, stirring frequently. Season mixture with salt, pepper and poultry seasoning.
- ☐ Add flour to the pan and cook 2 minutes. Stir broth or stock to the pot and bring to a boil.
- ☐ Add chicken to the broth and stir.
- ☐ Place biscuit mix in a bowl.
- ☐ Combine with 1/2 cup warm water and parsley. Drop tablespoonfuls of prepared mix into the pot, spacing dumplings evenly. Cover pot tightly and reduce heat to medium low. Steam dumplings 8 to 10 minutes.
- ☐ Remove cover and stir chicken and dumplings to thicken sauce a bit. Stir peas into the pan, remove chicken and dumplings from heat and serve in shallow bowls.

Nutrition Facts



Properties

Glycemic Index:105.98, Glycemic Load:12.64, Inflammation Score:-10, Nutrition Score:31.855217347974%

Flavonoids

Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 402.52kcal (20.13%), Fat: 14.51g (22.32%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 20.7g (7.53%), Sugar: 6.22g (6.91%), Cholesterol: 128.65mg (42.88%), Sodium: 1160.22mg (50.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.94g (83.88%), Vitamin A: 5748.82IU (114.98%), Vitamin B3: 20.2mg (100.99%), Selenium: 57.85µg (82.65%), Vitamin B6: 1.61mg (80.59%), Phosphorus: 464.97mg (46.5%), Vitamin K: 40.57µg (38.64%), Potassium: 1162.75mg (33.22%), Vitamin C: 25.12mg (30.45%), Vitamin B5: 2.82mg (28.17%), Manganese: 0.53mg (26.65%), Vitamin B2: 0.43mg (25.3%), Vitamin B1: 0.37mg (24.47%), Magnesium: 81.46mg (20.36%), Fiber: 4.47g (17.87%), Folate: 62.1µg (15.52%), Iron: 2.42mg (13.42%), Zinc: 1.95mg (13.03%), Copper: 0.25mg (12.28%), Vitamin E: 1.39mg (9.25%), Vitamin B12: 0.4µg (6.67%), Calcium: 64.97mg (6.5%), Vitamin D: 0.17µg (1.13%)