



Chicken and Dumplings

READY IN



55 min.

SERVINGS



8

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 celery stalk diced
- ☐ 1.5 pounds meat from a rotisserie chicken skinless cut into 8 pieces,
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.5 cup skim milk
- ☐ 1 tablespoon vegetable shortening

☐ 1.5 cups water

Equipment

☐ bowl

☐ sauce pan

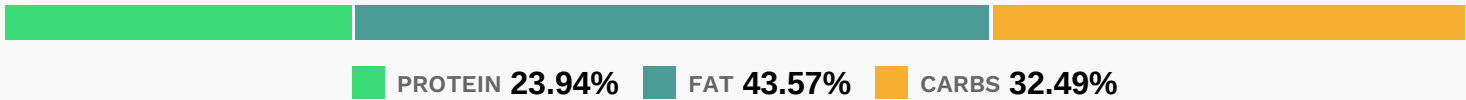
☐ ladle

☐ pot

Directions

- ☐ Place chicken in a stockpot or large saucepan.
- ☐ Add water, salt, celery, and onion and simmer over low heat until chicken is fully cooked through. Increase heat to bring chicken and stock to a boil.
- ☐ Add dumplings, cover, and boil gently 8 to 10 minutes or until dumplings and chicken are tender. Ladle into serving bowls.
- ☐ Combine flour, baking powder, and salt in a bowl.
- ☐ Cut in the shortening.
- ☐ Add milk to make a stiff dough and knead until incorporated.
- ☐ Roll dough out to about 1/8-inch thickness and cut into 1-inch strips, squares, or diamonds.
- ☐ Add to chicken and stock as directed above.

Nutrition Facts



Properties

Glycemic Index:32.41, Glycemic Load:9.11, Inflammation Score:-2, Nutrition Score:5.7843478399774%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 166.3kcal (8.31%), Fat: 7.92g (12.18%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 13.29g (4.43%), Net Carbohydrates: 12.77g (4.64%), Sugar: 1.03g (1.15%), Cholesterol: 31.08mg (10.36%), Sodium: 599.55mg (26.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.58%), Vitamin B3: 3.72mg (18.62%), Selenium: 11.51µg (16.44%), Phosphorus: 105.73mg (10.57%), Vitamin B1: 0.16mg (10.56%), Vitamin B2: 0.15mg (8.69%), Vitamin B6: 0.16mg (8.24%), Folate: 32.39µg (8.1%), Iron: 1.16mg (6.47%), Manganese: 0.12mg (6.14%), Calcium: 59.34mg (5.93%), Vitamin B5: 0.51mg (5.12%), Zinc: 0.73mg (4.85%), Potassium: 127.6mg (3.65%), Magnesium: 14.56mg (3.64%), Vitamin B12: 0.22µg (3.59%), Copper: 0.05mg (2.6%), Fiber: 0.51g (2.05%), Vitamin A: 89.61IU (1.79%), Vitamin D: 0.25µg (1.67%), Vitamin E: 0.23mg (1.54%), Vitamin K: 1.6µg (1.53%), Vitamin C: 1.03mg (1.25%)