



## Chicken and Dumplings

READY IN



185 min.

SERVINGS



4

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lb chicken whole
- 2 medium stalks celery (with leaves), cut up (1 cup)
- 0.5 cup carrots sliced
- 1 small onion sliced
- 2 tablespoons parsley fresh chopped
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 5 cups water
- 2.5 cups pancake mix

0.7 cup milk

## Equipment

bowl

whisk

dutch oven

## Directions

Remove and discard excess fat from chicken. In 4-quart Dutch oven, place chicken, giblets (except discard liver) and neck.

Add celery, carrot, onion, parsley, salt, pepper and water. Cover; heat to boiling; reduce heat. Simmer about 2 hours or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).

Remove chicken and vegetables from Dutch oven. Discard giblets and neck. Skim 1/2 cup fat from broth; reserve.

Transfer broth to large bowl; reserve 4 cups (reserve remaining broth for another use).

In Dutch oven, heat reserved 1/2 cup fat over low heat. Stir in 1/2 cup of the Bisquick™ mix. Cook and stir until mixture is smooth and bubbly; remove from heat. Stir in reserved 4 cups broth.

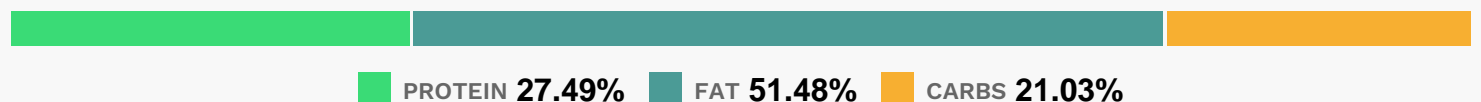
Heat to boiling, stirring constantly. Boil and stir 1 minute.

Add chicken and vegetables; reduce heat to low.

Heat about 20 minutes or until hot.

In medium bowl, stir remaining 2 cups Bisquick™ mix and the milk with wire whisk or fork until soft dough forms. Drop dough by spoonfuls onto hot chicken mixture (do not drop directly into liquid). Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

## Nutrition Facts



## Properties

Glycemic Index:43.96, Glycemic Load:1.69, Inflammation Score:-10, Nutrition Score:24.07521745433%

## Flavonoids

Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg, Apigenin: 45.61mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 4.19mg, Isorhamnetin: 4.19mg, Isorhamnetin: 4.19mg, Isorhamnetin: 4.19mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

## Nutrients (% of daily need)

Calories: 572.04kcal (28.6%), Fat: 32.3g (49.69%), Saturated Fat: 9.49g (59.32%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 26.8g (9.74%), Sugar: 3.8g (4.22%), Cholesterol: 185.04mg (61.68%), Sodium: 1168.5mg (50.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.8g (77.59%), Vitamin A: 3280.46IU (65.61%), Vitamin B3: 12.49mg (62.45%), Phosphorus: 555.36mg (55.54%), Selenium: 32.58µg (46.54%), Vitamin B6: 0.75mg (37.44%), Vitamin B2: 0.55mg (32.59%), Calcium: 280.88mg (28.09%), Vitamin K: 24.31µg (23.15%), Vitamin B5: 2.17mg (21.75%), Zinc: 3.1mg (20.64%), Vitamin B1: 0.31mg (20.59%), Potassium: 687.84mg (19.65%), Magnesium: 68.36mg (17.09%), Vitamin B12: 1µg (16.7%), Iron: 2.88mg (16.01%), Manganese: 0.32mg (16%), Folate: 54.42µg (13.61%), Fiber: 2.89g (11.57%), Copper: 0.19mg (9.72%), Vitamin C: 7.21mg (8.74%), Vitamin D: 0.77µg (5.16%), Vitamin E: 0.76mg (5.09%)