



Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 bay leaves
- ☐ 2 carrots peeled cut into large chunks
- ☐ 2 stalks celery cut into large chunks
- ☐ 3 pound chicken cut into pieces
- ☐ 1.5 cups flour
- ☐ 6 servings parsley fresh
- ☐ 0.5 cup cornmeal
- ☐ 1.8 cups cup heavy whipping cream

- ☐ 1 teaspoon kosher salt
- ☐ 6 servings pepper black freshly ground to taste
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon sugar
- ☐ 1 sprig thyme leaves
- ☐ 0.3 teaspoon turmeric
- ☐ 1 medium onion yellow peeled cut into large chunks

Equipment

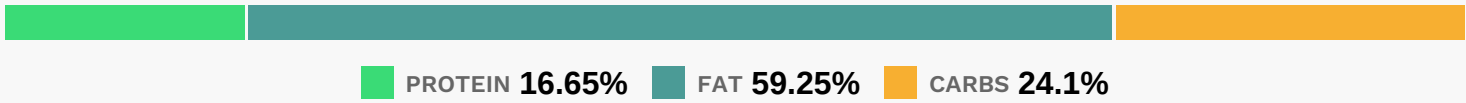
- ☐ bowl
- ☐ pot

Directions

- ☐ In a wide, heavy pot with a tight-fitting lid, heat the olive oil.
- ☐ Dredge the chicken pieces in the seasoned flour, then brown them in the oil over medium heat, about 2 minutes a side.
- ☐ Remove and set aside.
- ☐ Add the onion to the pot and cook for 2 minutes.
- ☐ Add the carrots, celery, bay leaf, thyme, turmeric, salt, and pepper and cook for 1 minute more.
- ☐ Stir in the broth.
- ☐ Return the chicken to the pot, cover, and simmer for 15 minutes.
- ☐ Meanwhile, in a large bowl, combine the first five dumpling ingredients.
- ☐ Add the cream and mix until just combined.
- ☐ Drop about 12 heaping tablespoons of the dumpling mixture into the pot. Cover and simmer for 12 minutes more.
- ☐ To serve, scoop the dumplings and chicken into bowls, then cover with broth.
- ☐ Garnish with the parsley.

- ☐
- TIP
- ☐
- For quicker dumplings, mix 1 egg with 1/2 cup milk, then add the mixture to 1 1/2 cups Bisquick and stir to combine.

Nutrition Facts



Properties

Glycemic Index:87.57, Glycemic Load:25.89, Inflammation Score:-10, Nutrition Score:26.749130331952%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 729.28kcal (36.46%), Fat: 48.29g (74.3%), Saturated Fat: 21.8g (136.25%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 40.82g (14.84%), Sugar: 6.48g (7.2%), Cholesterol: 160.09mg (53.36%), Sodium: 700.07mg (30.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.06%), Vitamin A: 4976.41IU (99.53%), Vitamin K: 79.22µg (75.45%), Vitamin B3: 12.1mg (60.5%), Selenium: 29.34µg (41.92%), Phosphorus: 358.8mg (35.88%), Vitamin B2: 0.5mg (29.7%), Vitamin B6: 0.58mg (28.96%), Vitamin B1: 0.39mg (26.18%), Folate: 89.38µg (22.35%), Iron: 3.86mg (21.43%), Manganese: 0.42mg (20.85%), Potassium: 636.73mg (18.19%), Calcium: 171.41mg (17.14%), Zinc: 2.53mg (16.86%), Vitamin B5: 1.51mg (15.12%), Magnesium: 57.99mg (14.5%), Fiber: 3.39g (13.56%), Vitamin C: 10.74mg (13.02%), Vitamin E: 1.91mg (12.75%), Copper: 0.25mg (12.38%), Vitamin B12: 0.61µg (10.1%), Vitamin D: 1.33µg (8.86%)