



Chicken and Dumplings

READY IN



45 min.

SERVINGS



8

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 carrots peeled thinly sliced
- ☐ 2 slices celery stalks
- ☐ 1 large eggs beaten to blend
- ☐ 0.3 cup flat parsley chopped
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 8 servings pepper freshly ground
- ☐ 1 slices leek halved lengthwise
- ☐ 10 cups chicken broth

- ☐ 0.8 teaspoon nutmeg freshly grated
- ☐ 1.3 cups parmesan finely grated
- ☐ 8 servings parmesan shaved
- ☐ 1 parsnips peeled cut into 1/4"-thick rounds
- ☐ 1 pound ricotta cheese
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 0.3 cup butter unsalted ()

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon

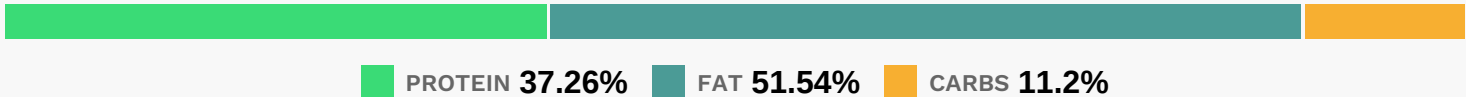
Directions

- ☐ If using fresh ricotta that has excess liquid, you may need to drain it overnight. Line a fine-mesh strainer with cheesecloth and set it over a medium bowl.
- ☐ Add ricotta; cover with plastic wrap and let drain overnight in refrigerator. If using supermarket ricotta, proceed with recipe; no draining required.
- ☐ Gently mix ricotta, 1/2 cup plus 2 tablespoons flour, egg, Parmesan, nutmeg, and salt in a large bowl just to blend (do not overwork). Form dough into a ball (it will be sticky); wrap in plastic and chill for at least 1 hour and up to 1 day.
- ☐ Line a baking sheet with parchment paper; set aside.
- ☐ Place dough on a lightly floured work surface. Divide dough into 4 equal portions and cover with a clean kitchen towel. Using your hands, roll 1 portion into a 1/2"-diameter rope;

cutcrosswise into 1/2"-thick pieces. Lightlydust gnocchi with flour and transfer to preparedbaking sheet. Repeat with remainingportions of dough. Cover gnocchi with akitchen towel and chill until ready to cook.DO AHEAD: Can be made 2 months ahead Freeze on sheets, then store, frozen, in an airtight container.

- ☐ Bring broth to a boil in a large saucepan.
- ☐ Add chicken; reduce heat to low, cover, and gently simmer until chicken is tender and cooked through, 20–30 minutes.
- ☐ Remove chicken; let cool slightly and shred into bite-size pieces. Bring broth to a boil and cook until reduced to 8 cups, about 15 minutes.
- ☐ Meanwhile, melt butter in a small heavy saucepan over low heat.
- ☐ Whisk in flour until smooth and cook, whisking constantly, until roux is pale beige in color, about 15 minutes (do not brown).
- ☐ Scrape roux into simmering broth; whisk until thickened and broth coats the back of a spoon. Reduce heat to low and add vegetables. Cook until tender, about 5 minutes.
- ☐ Add shredded chicken and herbs. Season with salt and pepper. DO AHEAD: Can be made 2 days ahead. Chill, uncovered, until cold; cover and keep chilled. Rewarm before serving.
- ☐ Cook gnocchi in a large pot of boiling salted water, stirring occasionally, until gnocchi float to the surface, about 2 minutes (slightly longer if frozen). Using a slotted spoon, transfer gnocchi to bowls, dividing equally. Ladle chicken and vegetables with gravy over. Season with pepper and top with Parmesan.

Nutrition Facts



Properties

Glycemic Index: 62.23, Glycemic Load: 5.64, Inflammation Score: -9, Nutrition Score: 27.64869539634%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 560.36kcal (28.02%), Fat: 32.15g (49.47%), Saturated Fat: 17.8g (111.26%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 14.24g (5.18%), Sugar: 2.36g (2.62%), Cholesterol: 206.17mg (68.72%), Sodium: 986.42mg (42.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.3g (104.6%), Phosphorus: 746.05mg (74.6%), Calcium: 700.18mg (70.02%), Selenium: 48.4µg (69.14%), Vitamin B3: 11.15mg (55.74%), Vitamin A: 2347.44IU (46.95%), Vitamin K: 44.59µg (42.46%), Vitamin B2: 0.63mg (36.94%), Vitamin B6: 0.65mg (32.36%), Vitamin B12: 1.83µg (30.48%), Zinc: 4.22mg (28.16%), Potassium: 764.51mg (21.84%), Vitamin B5: 1.97mg (19.68%), Magnesium: 66.22mg (16.56%), Iron: 2.79mg (15.52%), Copper: 0.29mg (14.49%), Vitamin B1: 0.2mg (13.37%), Folate: 47.3µg (11.82%), Manganese: 0.22mg (11.01%), Vitamin C: 7.07mg (8.57%), Vitamin E: 0.96mg (6.43%), Fiber: 1.49g (5.96%), Vitamin D: 0.57µg (3.82%)