



Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



515 kcal

Ingredients

- ☐ 2 teaspoons baking powder
- ☐ 1 cup chablis wine dry white
- ☐ 3 cups chicken broth ready-to-serve canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose
- ☐ 2 teaspoons garlic minced
- ☐ 0.3 cup butter
- ☐ 12 small onion boiling
- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 1 teaspoon salt divided

- ☐ 0.3 cup shortening
- ☐ 1 teaspoon thyme leaves dried whole
- ☐ 3 tablespoons frangelico divided
- ☐ 1 cup whipping cream
- ☐ 0.7 cup milk whole
- ☐ 3 pound frangelico

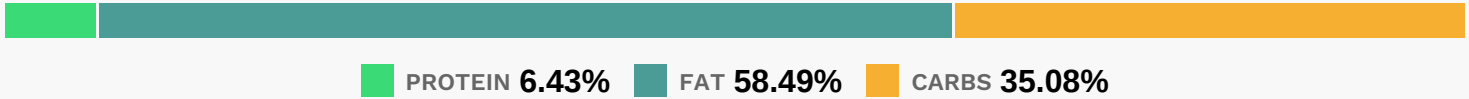
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Sprinkle chicken with thyme, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Cook in 2 tablespoons hot oil in a Dutch oven over medium-high heat 8 minutes, turning to brown all sides. Stir in broth and wine; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Drain chicken, reserving broth mixture. Wipe drippings from pan with a paper towel.
- ☐ Saute onions in 1 tablespoon hot oil in a skillet over medium-high heat 5 minutes.
- ☐ Add garlic; saute 1 minute.
- ☐ Melt margarine in Dutch oven over low heat; add 1/4 cup flour, stirring until smooth. Cook 1 minute, stirring constantly.
- ☐ Add reserved broth mixture; cook over medium heat, stirring constantly, until mixture is slightly thickened and bubbly. Stir in whipping cream.
- ☐ Add chicken and onion mixture to broth mixture; bring to a boil.
- ☐ Combine 1 1/3 cups flour, baking powder, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper; cut in shortening with a pastry blender until mixture is crumbly.
- ☐ Add milk; stir with a fork until dry ingredients are moistened. Drop batter by large spoonfuls into boiling broth mixture; cover, reduce heat to medium-low, and simmer 20 minutes or until dumplings are done.

Nutrition Facts



Properties

Glycemic Index:56.17, Glycemic Load:21.85, Inflammation Score:0, Nutrition Score:13.570434777633%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg, Quercetin: 28.44mg

Nutrients (% of daily need)

Calories: 514.64kcal (25.73%), Fat: 32.08g (49.35%), Saturated Fat: 13.47g (84.22%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 39.86g (14.49%), Sugar: 9.38g (10.43%), Cholesterol: 50.43mg (16.81%), Sodium: 943.73mg (41.03%), Alcohol: 4.22g (100%), Alcohol %: 1.26% (100%), Protein: 7.94g (15.87%), Manganese: 0.57mg (28.41%), Vitamin B1: 0.38mg (25.21%), Phosphorus: 234.45mg (23.45%), Vitamin B2: 0.39mg (23.21%), Folate: 89.26µg (22.32%), Selenium: 14.25µg (20.36%), Vitamin A: 987.79IU (19.76%), Calcium: 170.11mg (17.01%), Potassium: 515.27mg (14.72%), Vitamin C: 11.46mg (13.89%), Fiber: 3.43g (13.72%), Iron: 2.27mg (12.61%), Vitamin B3: 2.48mg (12.41%), Vitamin B6: 0.25mg (12.39%), Vitamin E: 1.29mg (8.62%), Magnesium: 34.3mg (8.57%), Copper: 0.13mg (6.73%), Vitamin K: 6.98µg (6.65%), Vitamin B5: 0.62mg (6.24%), Vitamin D: 0.93µg (6.22%), Zinc: 0.84mg (5.57%), Vitamin B12: 0.24µg (4.05%)