



Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup 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 dried whole
- ☐ 3 tablespoons vegetable oil divided
- ☐ 1 cup whipping cream
- ☐ 0.7 cup milk whole
- ☐ 3 pound frangelico
- ☐ 3 pound frangelico

Equipment

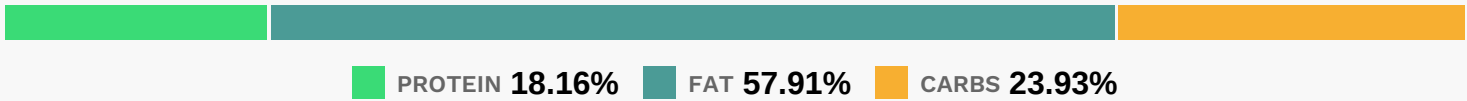
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ dutch oven

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:64, Glycemic Load:22.2, Inflammation Score:-9, Nutrition Score:19.269565354223%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg, Isorhamnetin: 7.01mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 28.45mg, Quercetin: 28.45mg, Quercetin: 28.45mg, Quercetin: 28.45mg

Nutrients (% of daily need)

Calories: 756.54kcal (37.83%), Fat: 46.93g (72.21%), Saturated Fat: 16.8g (105.03%), Carbohydrates: 43.65g (14.55%), Net Carbohydrates: 40.24g (14.63%), Sugar: 8.89g (9.87%), Cholesterol: 99.33mg (33.11%), Sodium: 1142.08mg (49.66%), Alcohol: 4.12g (100%), Alcohol %: 1.27% (100%), Protein: 33.11g (66.23%), Selenium: 32.65µg (46.65%), Phosphorus: 324.29mg (32.43%), Manganese: 0.52mg (25.84%), Vitamin B2: 0.43mg (25.11%), Vitamin K: 24.86µg (23.68%), Vitamin B1: 0.35mg (23.62%), Vitamin B3: 4.69mg (23.44%), Vitamin A: 1157.36IU (23.15%), Folate: 91.63µg (22.91%), Vitamin B6: 0.44mg (22.13%), Zinc: 3.31mg (22.08%), Vitamin B12: 1.24µg (20.74%), Iron: 3.71mg (20.61%), Calcium: 202.2mg (20.22%), Potassium: 516.28mg (14.75%), Vitamin E: 2.14mg (14.29%), Fiber: 3.42g (13.68%), Vitamin C: 11.01mg (13.35%), Magnesium: 52.46mg (13.11%), Copper: 0.17mg (8.39%), Vitamin D: 1.04µg (6.9%), Vitamin B5: 0.61mg (6.12%)