



Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby carrots
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup celery chopped
- ☐ 4 cups fat-skimmed beef broth fat-free low-sodium,
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups flour all-purpose

- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 4 cups leek rinsed drained thinly sliced
- ☐ 0.5 cup parsnips chopped
- ☐ 0.5 cup peas frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 12 ounces chicken thighs skinless
- ☐ 0.8 cup milk whole

Equipment

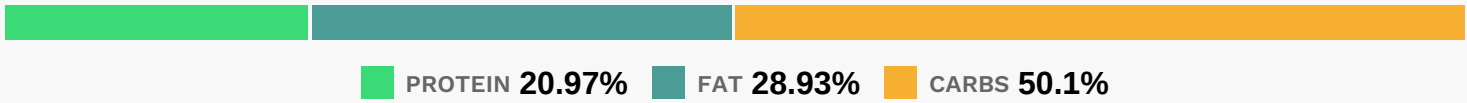
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Heat the oil in a large, heavy-bottomed Dutch oven over medium-high heat.
- ☐ Combine the flour, salt, and pepper in a medium bowl. Dredge the chicken in flour mixture, and turn to coat; shake off excess flour.
- ☐ Add the chicken to the pot; cook 3 minutes on each side, or until well-browned.
- ☐ Transfer chicken to a plate.
- ☐ Add leeks to pot; cook over medium heat 2 minutes, stirring frequently. Return chicken to pot, and stir in broth, carrots, parsnips, celery, thyme, and bay leaf. Bring to a boil. Partially cover; reduce heat. Simmer 15 minutes, or until chicken is cooked.
- ☐ Remove chicken from pan. Pull the meat from bones; discard bones. Return the chicken to the pot, and stir in peas.
- ☐ To prepare the dumplings, sift together the flour, baking powder, and salt 3 times (this makes the dumplings very light).
- ☐ Combine the flour mixture, milk, and chives, and stir until moist.

Drop dough by 3 tablespoonfuls into a barely simmering chicken mixture. Cover and cookover medium-low heat 12 minutes, or until the dumplings are done (do not bring to a boil, or the dumplings will break up).

Nutrition Facts



Properties

Glycemic Index:93.72, Glycemic Load:23.7, Inflammation Score:-10, Nutrition Score:25.154782595842%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 348.58kcal (17.43%), Fat: 11.24g (17.29%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 39.37g (14.32%), Sugar: 6.97g (7.75%), Cholesterol: 57.52mg (19.17%), Sodium: 1255.98mg (54.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.34g (36.67%), Vitamin A: 5656.44IU (113.13%), Vitamin K: 48.08µg (45.8%), Selenium: 29.85µg (42.64%), Manganese: 0.75mg (37.55%), Vitamin B3: 6.88mg (34.4%), Folate: 133.5µg (33.38%), Vitamin B1: 0.44mg (29.43%), Phosphorus: 274.07mg (27.41%), Vitamin B6: 0.52mg (25.96%), Iron: 4.32mg (23.97%), Vitamin B2: 0.4mg (23.79%), Vitamin C: 16.05mg (19.46%), Calcium: 191.24mg (19.12%), Fiber: 4.42g (17.68%), Potassium: 550.42mg (15.73%), Vitamin B5: 1.45mg (14.46%), Vitamin E: 2.12mg (14.11%), Magnesium: 55.42mg (13.86%), Vitamin B12: 0.83µg (13.84%), Copper: 0.26mg (12.88%), Zinc: 1.63mg (10.85%), Vitamin D: 0.34µg (2.24%)