



Chicken and Dumplings

READY IN



65 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 2 large carrots thinly sliced
- ☐ 2 ribs celery thinly sliced
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon sage fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup half-and-half
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.5 teaspoon onion powder
- ☐ 2 cups pearl onions frozen
- ☐ 1 cup peas frozen
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless cut into 1-inch pieces
- ☐ 1 cup flour whole-wheat

Equipment

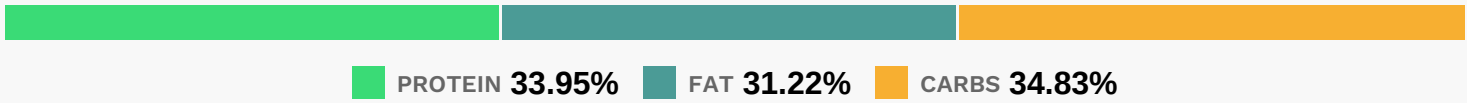
- ☐ pot

Directions

- ☐ Make stew: In a large ziplock bag, mix flour, salt, pepper, garlic powder, onion powder, thyme and sage.
- ☐ Add chicken; toss until pieces are coated.
- ☐ Warm 1 Tbsp. oil in a large pot over medium heat. Shake excess flour mixture from chicken (reserve leftover flour), add chicken to pot and cook, stirring, until browned, about 10 minutes.
- ☐ Remove to a plate. Warm remaining oil in pot.
- ☐ Add carrots, celery and onions; saut for 6minutes.
- ☐ Sprinkle with reserved flour; saut for 2 minutes.
- ☐ Pour in broth; bring to a boil, stirring. Reduce heat to low; simmer for 10 minutes, stirring occasionally. Return chicken to pot, stir in half-and-half; simmer for 5 minutes.
- ☐ Combine both flours, baking soda, salt, thyme and sage. Stir in buttermilk just until a sticky dough forms.

- ☐
- Stir peas into chicken mixture. Drop in tablespoonfuls of dough, cover; simmer dumplings until cooked through, about 15 minutes.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.9, Glycemic Load:7.49, Inflammation Score:-10, Nutrition Score:26.595217455988%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg, Isorhamnetin: 2.96mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 357.34kcal (17.87%), Fat: 12.53g (19.28%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 26.69g (9.7%), Sugar: 7.23g (8.03%), Cholesterol: 117.15mg (39.05%), Sodium: 495.83mg (21.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Vitamin A: 3389.93IU (67.8%), Copper: 1.23mg (61.54%), Selenium: 40.17µg (57.38%), Vitamin B3: 9.89mg (49.43%), Manganese: 0.94mg (47.01%), Phosphorus: 403.8mg (40.38%), Vitamin B6: 0.74mg (37.2%), Vitamin B2: 0.46mg (26.8%), Vitamin B1: 0.35mg (23.55%), Potassium: 740.24mg (21.15%), Zinc: 2.91mg (19.39%), Fiber: 4.77g (19.06%), Vitamin B5: 1.85mg (18.46%), Magnesium: 72.79mg (18.2%), Vitamin C: 14.97mg (18.14%), Vitamin B12: 1.04µg (17.42%), Vitamin K: 16.65µg (15.86%), Iron: 2.8mg (15.56%), Folate: 58.5µg (14.62%), Calcium: 116.5mg (11.65%), Vitamin E: 1.18mg (7.84%), Vitamin D: 0.49µg (3.25%)