



Chicken and Dumplings from Scratch

READY IN



45 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery chopped
- ☐ 1 tablespoon cornmeal
- ☐ 2 teaspoons cornstarch
- ☐ 1 large eggs

- ☐ 1 ounce flour all-purpose
- ☐ 6.8 ounces flour all-purpose
- ☐ 10 garlic cloves peeled
- ☐ 3 tablespoons heavy cream
- ☐ 0.8 cup milk 1% low-fat
- ☐ 3 cups onion chopped
- ☐ 1 tablespoon parsley chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 4 thyme sprigs
- ☐ 3 quarts water
- ☐ 4 pound meat from a rotisserie chicken whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ ziploc bags
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ To prepare stew, remove and discard giblets and neck from chicken. Rinse chicken with cold water, and place chicken in an 8-quart stockpot.
- ☐ Add 3 quarts water and next 8 ingredients (through bay leaves); bring to a simmer. Reduce heat, and simmer 45 minutes; skim surface occasionally, discarding solids.

- ☐ Remove chicken from pot; cool. Strain stock through a sieve into a large bowl, and discard solids.
- ☐ Remove chicken meat from bones; tear chicken meat into 2-inch pieces, and store in refrigerator.
- ☐ Let stock cool to room temperature.
- ☐ Pour stock into two zip-top plastic bags.
- ☐ Let stand 15 minutes. Working with one bag at a time, snip off a corner of bag; drain liquid into stockpot, stopping before fat layer reaches opening. Discard fat. Repeat procedure with remaining bag. Bring stock to a boil over medium-high heat; reduce heat, and simmer until reduced to 8 cups (about 15 minutes).
- ☐ Heat a cast-iron skillet over medium-high heat for 5 minutes. Lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife.
- ☐ Add flour to pan; cook 1 minute or until lightly browned, stirring constantly.
- ☐ Combine browned flour and cornstarch in a large bowl; add 2/3 cup stock to flour mixture, stirring with a whisk until smooth.
- ☐ Add flour mixture to remaining stock in pan; bring to a boil over medium-high heat. Cook 2 minutes or until slightly thickened. Reduce heat; stir in cream.
- ☐ Add chicken; keep warm over low heat.
- ☐ To prepare dumplings, combine 1% low-fat milk and egg in a medium bowl. Lightly spoon 1 1/2 cups of all-purpose flour into dry measuring cups, and level with a knife.
- ☐ Combine the flour, baking powder, cornmeal, and 1/2 teaspoon salt.
- ☐ Add flour mixture to milk mixture, stirring with a fork just until dry ingredients are moistened.
- ☐ Drop one-third of dumpling batter by 8 heaping teaspoonfuls onto chicken mixture. Cover and cook for 3 minutes or until the dumplings are done (do not allow chicken mixture to boil).
- ☐ Remove dumplings with a slotted spoon; place in a large serving bowl or on a deep serving platter; keep warm. Repeat procedure with remaining dumpling batter.
- ☐ Remove pan from heat; slowly pour stew over dumplings.
- ☐ Sprinkle with the chopped parsley and freshly ground black pepper.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **25.19%**  FAT **42.85%**  CARBS **31.96%**

Properties

Glycemic Index:97.89, Glycemic Load:24.37, Inflammation Score:-10, Nutrition Score:26.240869687951%

Flavonoids

Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg, Apigenin: 1.94mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg, Quercetin: 16.44mg

Nutrients (% of daily need)

Calories: 557.49kcal (27.87%), Fat: 26.31g (40.47%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 44.14g (14.71%), Net Carbohydrates: 40.49g (14.72%), Sugar: 6.52g (7.25%), Cholesterol: 149.81mg (49.94%), Sodium: 977.57mg (42.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.8g (69.59%), Vitamin A: 4148.76IU (82.98%), Vitamin B3: 12.53mg (62.67%), Selenium: 38.05µg (54.36%), Phosphorus: 395.59mg (39.56%), Vitamin B6: 0.77mg (38.62%), Vitamin B1: 0.47mg (31.11%), Vitamin B2: 0.5mg (29.61%), Manganese: 0.57mg (28.33%), Folate: 107.96µg (26.99%), Calcium: 246.37mg (24.64%), Iron: 3.98mg (22.1%), Vitamin K: 21.97µg (20.93%), Vitamin B5: 1.98mg (19.8%), Zinc: 2.8mg (18.67%), Potassium: 644.2mg (18.41%), Vitamin C: 13.6mg (16.48%), Magnesium: 64.66mg (16.16%), Fiber: 3.66g (14.63%), Copper: 0.28mg (13.96%), Vitamin B12: 0.72µg (11.93%), Vitamin D: 0.9µg (6.01%), Vitamin E: 0.84mg (5.59%)