

Chicken and Dumplings I

 Dairy Free

READY IN



200 min.

SERVINGS



6

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cubes chicken bouillon
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 3 pound meat from a rotisserie chicken whole

Equipment

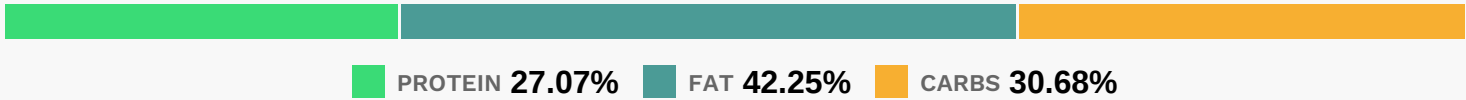
- ☐ bowl
- ☐ knife

☐ pot

Directions

- ☐ Fill a large pot with water, and add whole chicken. Bring to a boil, and then reduce heat. Simmer until tender, about 1 to 2 hours.
- ☐ Remove chicken from broth, and set aside to cool. Reserve broth. When cool enough to handle, remove meat from bones; cut into bite size pieces. Discard skin and bones.
- ☐ In a medium bowl, stir together flour and salt. Break one egg into flour, and stir with fork till stiff. Continue adding eggs one at a time until all are incorporated. The dough should be very stiff.
- ☐ Bring broth to a boil.
- ☐ Add bouillon cubes; stir until cubes have dissolved.
- ☐ Using a fork and knife, pick up dough on fork. Hold over boiling broth, and cut off small pieces into broth until all the dough has been used. Stir, cover, and simmer for 20 minutes.
- ☐ Add chicken meat, and stir.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:23, Inflammation Score:-5, Nutrition Score:15.599999811338%

Nutrients (% of daily need)

Calories: 427.69kcal (21.38%), Fat: 19.59g (30.14%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 32.01g (10.67%), Net Carbohydrates: 30.88g (11.23%), Sugar: 0.22g (0.25%), Cholesterol: 190.77mg (63.59%), Sodium: 508.94mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.5%), Selenium: 38.81µg (55.44%), Vitamin B3: 9.89mg (49.43%), Vitamin B2: 0.47mg (27.68%), Vitamin B1: 0.4mg (26.94%), Phosphorus: 263.13mg (26.31%), Folate: 96.58µg (24.14%), Vitamin B6: 0.45mg (22.46%), Iron: 3.43mg (19.05%), Vitamin B5: 1.62mg (16.23%), Manganese: 0.31mg (15.7%), Zinc: 2.1mg (13.98%), Vitamin B12: 0.6µg (9.98%), Magnesium: 34.48mg (8.62%), Potassium: 290.93mg (8.31%), Copper: 0.13mg (6.69%), Vitamin A: 310.81IU (6.22%), Vitamin D: 0.8µg (5.36%), Fiber: 1.13g (4.5%), Vitamin E: 0.66mg (4.4%), Calcium: 34.93mg (3.49%), Vitamin C: 1.74mg (2.11%), Vitamin K: 1.85µg (1.76%)