



Chicken and Dumplings in Green Salsa

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer bacon chopped
- 10.5 oz chicken broth canned
- 0.5 lb corn masa dough prepared
- 0.3 cup cilantro leaves fresh chopped
- 16 oz salsa green
- 0.5 cup cheddar cheese shredded kraft
- 3 lb meat from a rotisserie chicken whole

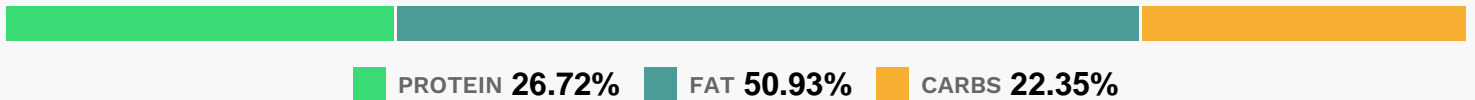
Equipment

- frying pan
- paper towels
- slotted spoon
- dutch oven

Directions

- Cook and stir bacon in Dutch oven or large deep skillet on medium heat until crisp.
- Remove bacon from pan with slotted spoon; drain on paper towels.
- Remove drippings from pan; reserve 1 Tbsp. drippings for later use.
- Add chicken, in batches, to pan; cook 3 min. on each side or until browned on both sides. Return all chicken to pan. Stir in salsa and broth. Bring to boil; cover. Simmer on medium-low heat 15 min. Meanwhile, mix masa dough, cheese and reserved bacon drippings; shape into 18 balls, using about 1 Tbsp. dough for each.
- Add dough balls to chicken mixture; cook 5 to 8 min. or until dumplings and chicken are done (165F).
- Remove from heat. Stir in bacon and cilantro.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:21.255217614381%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 629.65kcal (31.48%), Fat: 34.99g (53.83%), Saturated Fat: 10.74g (67.14%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 32.11g (11.68%), Sugar: 4.76g (5.29%), Cholesterol: 130.39mg (43.46%), Sodium: 1068.31mg (46.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.29g (82.59%), Vitamin B3: 13.25mg (66.23%), Selenium: 37.19µg (53.13%), Vitamin B1: 0.69mg (45.78%), Phosphorus: 391.95mg (39.2%), Vitamin B6: 0.72mg (36.04%), Vitamin B2: 0.55mg (32.06%), Zinc: 3.96mg (26.37%), Iron: 4.57mg (25.41%), Folate: 88.92µg (22.23%), Vitamin A: 941.08IU (18.82%), Magnesium: 71.71mg (17.93%), Vitamin B12: 1.04µg (17.39%), Potassium: 588.82mg (16.82%), Calcium: 138.45mg (13.85%), Vitamin B5: 1.23mg (12.28%), Manganese: 0.2mg (9.79%), Fiber:

2.44g (9.75%), Copper: 0.16mg (7.95%), Vitamin C: 4.79mg (5.81%), Vitamin K: 5.07µg (4.83%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.41µg (2.75%)