



## Chicken and Dumplings IV

READY IN



70 min.

SERVINGS



8

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 stalks celery chopped
- ☐ 4 cubes chicken bouillon
- ☐ 0.5 cup chicken broth
- ☐ 0.5 cup cornstarch
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 sprig parsley fresh chopped
- ☐ 1 small onion chopped
- ☐ 8 servings salt and pepper to taste

- ☐ 4 large chicken breast halves boneless skinless cut into strips
- ☐ 0.5 cup cup heavy whipping cream sour

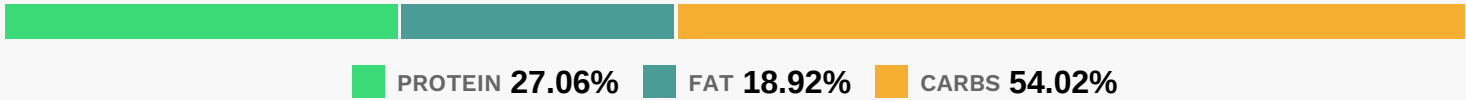
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add chicken, bouillon, celery, parsley and salt and pepper to taste. Cook for 45 minutes or until chicken is no longer pink inside. Reduce heat to low and continue to simmer.
- ☐ To Make Dumplings: While chicken is cooking, combine the flour, egg, sour cream, and chicken broth in a medium bowl.
- ☐ Mix well and roll dough out on a floured surface.
- ☐ Cut into small squares and drop into boiling chicken broth. In a small bowl, mix together corn starch and enough water to form a thin paste; stir into broth. Continue to simmer for 5 to 10 minutes, or until dumplings are light and puffy.

## Nutrition Facts



## Properties

Glycemic Index:20.75, Glycemic Load:17.48, Inflammation Score:-4, Nutrition Score:11.423043406528%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

## Nutrients (% of daily need)

Calories: 250.81kcal (12.54%), Fat: 5.14g (7.91%), Saturated Fat: 2g (12.52%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 31.81g (11.57%), Sugar: 1.17g (1.3%), Cholesterol: 65.39mg (21.8%), Sodium: 337.86mg (14.69%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Selenium: 31.26µg (44.66%), Vitamin B3: 7.83mg (39.16%), Vitamin B6: 0.47mg (23.51%), Vitamin B1: 0.3mg (19.72%), Phosphorus: 180.87mg (18.09%), Folate: 68.35µg (17.09%), Vitamin B2: 0.28mg (16.3%), Manganese: 0.26mg (12.9%), Vitamin B5: 1.11mg (11.12%), Iron: 1.86mg (10.34%), Potassium: 310.47mg (8.87%), Magnesium: 26.1mg (6.53%), Vitamin K: 5.45µg (5.19%), Fiber: 1.23g (4.91%), Zinc: 0.71mg (4.73%), Copper: 0.08mg (4.02%), Vitamin A: 192.1IU (3.84%), Vitamin B12: 0.2µg (3.25%), Calcium: 32.19mg (3.22%), Vitamin C: 1.93mg (2.34%), Vitamin E: 0.27mg (1.83%), Vitamin D: 0.17µg (1.11%)