



Chicken and Dumplings with Mushrooms

READY IN



45 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces bacon cut into 1/4" pieces
- 2 teaspoons double-acting baking powder
- 2 bay leaves
- 0.1 teaspoon pepper black freshly ground
- 4 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs with thighs; 2 pounds)
- 0.3 cup wine dry white
- 2 large eggs
- 1 cup flour all-purpose

- 6 garlic clove crushed
- 0.8 teaspoons kosher salt plus more
- 8 cups chicken broth low-sodium
- 1.5 pounds mushrooms mixed
- 0.5 teaspoon nutmeg freshly grated
- 1 medium onion chopped
- 6 sprigs thyme leaves
- 0.3 cup milk whole

Equipment

- bowl
- paper towels
- whisk
- pot
- dutch oven

Directions

- Crisp bacon in a large Dutch oven over medium heat; transfer to a paper towel-lined plate.
- Place flour in a shallow bowl. Season chicken with salt and pepper and dredge in flour. Working in batches, cook chicken, skinside down, in same pot over medium heat until deep golden brown and crisp (do not turn), 12–15 minutes.
- Transfer to a plate.
- Working in 2 batches, cook mushrooms in same pot, seasoning with salt and pepper and stirring occasionally, until brown, 5–8 minutes.
- Transfer to a bowl.
- Add onion and garlic to pot; cook, stirring occasionally, until onion is soft and translucent, 5–8 minutes.
- Add wine to pot; simmer until reduced by half, about 5 minutes.
- Add chicken, bacon, thyme, bay leaves, and broth; season with salt and pepper. Bring to a boil, reduce heat, and gently simmer, partially covered, skimming occasionally, until chicken is

falling off the bone, 2–2 1/2 hours.

- Add mushrooms and simmer until flavors meld, 10–15 minutes; season with salt and pepper.
- Bring a medium pot of salted water to a boil.
- Whisk flour, baking powder, nutmeg, pepper, and 3/4 teaspoon salt in a medium bowl.
- Whisk in eggs and milk (batter will be slightly lumpy). Reduce heat until water is at a strong simmer. Drop teaspoonfuls of batter into water; cook until dumplings are cooked through and doubled in size, about 5 minutes.
- Remove with slotted spoon; add to stew just before serving.
- DO AHEAD: Stew (without dumplings) can be made 3 days ahead.
- Let cool; cover and chill.

Nutrition Facts



Properties

Glycemic Index: 76, Glycemic Load: 14.36, Inflammation Score: -8, Nutrition Score: 23.72391285067%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 519.47kcal (25.97%), Fat: 29.62g (45.57%), Saturated Fat: 8.88g (55.53%), Carbohydrates: 32.19g (10.73%), Net Carbohydrates: 28.22g (10.26%), Sugar: 4.67g (5.18%), Cholesterol: 161.8mg (53.93%), Sodium: 826.26mg (35.92%), Alcohol: 1.03g (100%), Alcohol %: 0.21% (100%), Protein: 31.53g (63.05%), Vitamin B3: 15.24mg (76.2%), Selenium: 40.53µg (57.9%), Phosphorus: 503.55mg (50.35%), Vitamin B6: 0.82mg (41.23%), Vitamin B2: 0.69mg (40.73%), Vitamin B5: 3.15mg (31.46%), Potassium: 959.98mg (27.43%), Manganese: 0.54mg (27.06%), Zinc: 3.58mg (23.9%), Vitamin B1: 0.35mg (23.33%), Copper: 0.45mg (22.34%), Iron: 3.56mg (19.76%), Vitamin B12: 1.14µg (19.01%), Folate: 68.45µg (17.11%), Fiber: 3.97g (15.88%), Magnesium: 59.32mg (14.83%), Calcium: 142.86mg

(14.29%), Vitamin D: 1.1µg (7.32%), Vitamin C: 4.09mg (4.95%), Vitamin A: 246.58IU (4.93%), Vitamin E: 0.51mg (3.4%), Vitamin K: 2.35µg (2.24%)