



Chicken and Pierogi Dumplings

 Very Healthy

READY IN



36 min.

SERVINGS



4

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon pepper black freshly ground
- 0.5 cup carrots diced
- 0.5 cup celery diced
- 2 cups chicken stock see unsalted (such as Swanson)
- 5 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 0.1 teaspoon kosher salt

- 1 cup milk 2% reduced-fat
- 0.8 cup onion diced
- 20 potato and cheddar pierogies frozen mini (such as Mrs. T's)
- 0.8 pound chicken breast boneless skinless cut into bite-sized pieces

Equipment

- bowl
- frying pan
- whisk

Directions

- Heat a large skillet over medium-high heat.
- Sprinkle chicken with pepper and salt. Coat pan with cooking spray.
- Add chicken to pan; cook 4 minutes, browning on all sides.
- Remove chicken from pan; keep warm.
- Return pan to medium-high heat.
- Add onion, carrot, celery, and thyme to pan. Cook 6 minutes or until vegetables are tender and lightly browned, stirring frequently.
- Combine stock, milk, and flour in a bowl, stirring with a whisk until well blended. Gradually add stock mixture to pan, stirring constantly; bring to a boil. Cook 2 minutes or until thickened. Stir in chicken and pierogies, and cook 4 minutes or until chicken is done and pierogies are warm.
- Sprinkle with chopped parsley.

Nutrition Facts



PROTEIN 17.42% **FAT 5.09%** **CARBS 77.49%**

Properties

Glycemic Index:93.4, Glycemic Load:142.7, Inflammation Score:-10, Nutrition Score:57.808260982451%

Flavonoids

Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg, Apigenin: 4.72mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg, Kaempferol: 8.81mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg, Quercetin: 13.63mg

Nutrients (% of daily need)

Calories: 1047.59kcal (52.38%), Fat: 6.01g (9.24%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 205.78g (68.59%), Net Carbohydrates: 180.53g (65.65%), Sugar: 15.43g (17.15%), Cholesterol: 62.75mg (20.92%), Sodium: 458.44mg (19.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.27g (92.54%), Vitamin C: 220.2mg (266.91%), Vitamin B6: 3.95mg (197.75%), Potassium: 5171.52mg (147.76%), Vitamin B3: 22.89mg (114.47%), Fiber: 25.25g (101%), Manganese: 1.87mg (93.51%), Phosphorus: 903.39mg (90.34%), Magnesium: 291.17mg (72.79%), Vitamin B1: 1.08mg (71.67%), Copper: 1.3mg (64.8%), Vitamin A: 3094.51IU (61.89%), Vitamin K: 60.14µg (57.27%), Iron: 9.92mg (55.13%), Folate: 217.08µg (54.27%), Selenium: 37.94µg (54.2%), Vitamin B5: 4.75mg (47.47%), Vitamin B2: 0.72mg (42.28%), Zinc: 4.26mg (28.41%), Calcium: 236.64mg (23.66%), Vitamin B12: 0.48µg (8.05%), Vitamin E: 0.49mg (3.28%)