



Chicken and Rosemary Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 6 servings pepper black freshly ground
- 2 tablespoons butter softened
- 1.5 cups carrots diced
- 1.5 cups celery chopped
- 1 pound skin-on chicken drumsticks
- 1 large eggs
- 4 cups less-sodium chicken broth fat-free
- 0.3 cup flour all-purpose

- 1.3 cups flour all-purpose
- 2 garlic cloves minced
- 0.5 cup buttermilk low-fat
- 2 teaspoons olive oil
- 1 cup onion diced
- 0.3 teaspoon salt
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- 1 pound chicken breast halves boneless skinless
- 2 thyme sprigs
- 0.3 cup water
- 3 cups water
- 1 tablespoon or dried fresh chopped

Equipment

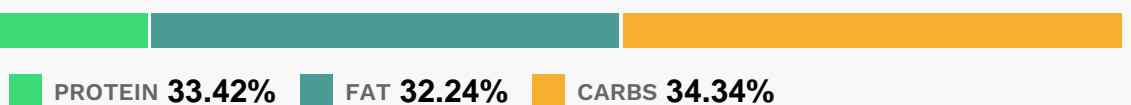
- bowl
- frying pan
- knife
- whisk
- sieve
- blender
- measuring cup
- dutch oven

Directions

- Combine first 5 ingredients in a large Dutch oven over medium-high heat; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes or until chicken is done.
- Remove pan from heat.
- Remove chicken pieces from broth; cool slightly. Strain broth through a sieve into a large bowl; discard solids.

- Remove chicken from bones. Discard bones; chop chicken into bite-sized pieces. Set chicken aside.
- Heat oil in pan over medium-high heat.
- Add carrots, celery, onion, and garlic; saut 6 minutes or until onion is tender.
- Add reserved broth mixture and 1/2 teaspoon salt; simmer 10 minutes. Discard thyme sprigs. Keep warm.
- To prepare dumplings, lightly spoon flour into dry measuring cups; level with a knife.
- Combine 1 1/4 cups flour, rosemary, baking powder, and 1/4 teaspoon salt in a large bowl.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine buttermilk and egg, stirring with a whisk.
- Add buttermilk mixture to flour mixture, stirring just until combined.
- Return chopped chicken to the broth mixture; bring to a simmer over medium-high heat.
- Combine 1/4 cup flour and 1/4 cup water, stirring with a whisk until well blended to form a slurry.
- Add flour mixture to pan; simmer 3 minutes. Drop the dumpling dough, 1 tablespoon per dumpling, onto chicken mixture to form 12 dumplings. Cover and cook 7 minutes (do not let broth boil).
- Sprinkle with black pepper.

Nutrition Facts



Properties

Glycemic Index:95.81, Glycemic Load:19.44, Inflammation Score:-10, Nutrition Score:25.683043490285%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 382.89kcal (19.14%), Fat: 13.56g (20.87%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 29.67g (10.79%), Sugar: 4.3g (4.78%), Cholesterol: 136.82mg (45.61%), Sodium: 1313.58mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.63g (63.26%), Vitamin A: 5703.72IU (114.07%), Selenium: 51.38µg (73.4%), Vitamin B3: 13.49mg (67.44%), Vitamin B6: 0.9mg (45.25%), Phosphorus: 385.14mg (38.51%), Vitamin B2: 0.46mg (27.13%), Vitamin B1: 0.4mg (26.56%), Vitamin B5: 2.3mg (22.98%), Folate: 89.76µg (22.44%), Potassium: 732.2mg (20.92%), Manganese: 0.4mg (20.05%), Calcium: 165.62mg (16.56%), Iron: 2.96mg (16.44%), Vitamin B12: 0.86µg (14.31%), Vitamin K: 14.6µg (13.9%), Zinc: 2.05mg (13.69%), Magnesium: 54.09mg (13.52%), Fiber: 2.83g (11.34%), Copper: 0.2mg (9.79%), Vitamin C: 6.8mg (8.24%), Vitamin E: 0.94mg (6.29%), Vitamin D: 0.29µg (1.95%)