



Chicken and Sliders

 Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



565 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 bay leaves
- ☐ 3 stalks celery cut into 1 inch pieces
- ☐ 1 eggs
- ☐ 4 cups flour all-purpose
- ☐ 2 onions quartered
- ☐ 6 servings salt and pepper to taste
- ☐ 3 pounds meat from a rotisserie chicken whole

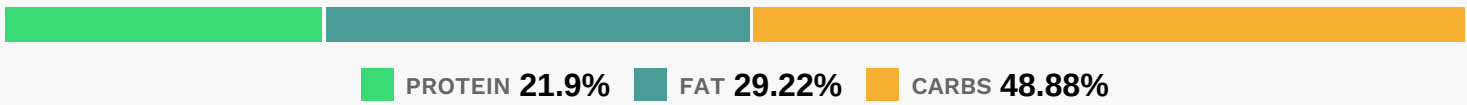
Equipment

☐ pot

Directions

- ☐ Wash chicken and place in large pot. Cover with water and add chopped vegetables, bay leaves, salt and pepper. Bring to a boil, then reduce heat and simmer for about 2 hours or until meat comes away easily from the bone.
- ☐ Remove chicken from broth and strain liquid. Reserve the broth and discard all vegetables.
- ☐ When chicken is cool remove meat from the bones and all skin, keeping the chicken meat in reasonably large pieces.
- ☐ To make the noodles(sliders): Beat the egg with some of the cooled broth, measure out the flour, work the egg mixture into the flour adding broth as required until the dough forms a ball. Knead the ball for a few minutes.
- ☐ Roll out the dough on a floured surface.
- ☐ Cut the dough into strips about 1 1/2 inches wide and 3 inches long. Don't worry if they are irregular in shape. Leave any excess flour on the noodles.
- ☐ Bring the reserved broth to a rapid boil, add the noodles and let them boil for about 5 minutes. Reduce heat, add cut up chicken and simmer until the broth is very thick like gravy (add a little flour to thicken if required).
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:46.85, Inflammation Score:-7, Nutrition Score:21.059130440588%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg, Quercetin: 7.52mg

Nutrients (% of daily need)

Calories: 565.44kcal (28.27%), Fat: 17.98g (27.66%), Saturated Fat: 5.08g (31.72%), Carbohydrates: 67.69g (22.56%), Net Carbohydrates: 64.49g (23.45%), Sugar: 2.07g (2.31%), Cholesterol: 108.93mg (36.31%), Sodium: 299.55mg (13.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.65%), Selenium: 46.44µg (66.35%), Vitamin B3: 12.44mg (62.18%), Vitamin B1: 0.74mg (49.57%), Folate: 176.71µg (44.18%), Vitamin B2: 0.6mg (35.13%), Manganese: 0.66mg (33.11%), Iron: 5.11mg (28.38%), Phosphorus: 280.02mg (28%), Vitamin B6: 0.49mg (24.48%), Vitamin B5: 1.56mg (15.62%), Zinc: 2.19mg (14.63%), Fiber: 3.2g (12.81%), Potassium: 410.79mg (11.74%), Magnesium: 46.9mg (11.72%), Copper: 0.2mg (9.96%), Vitamin K: 7.91µg (7.53%), Vitamin B12: 0.4µg (6.71%), Vitamin C: 5.09mg (6.17%), Vitamin A: 284.6IU (5.69%), Calcium: 45.41mg (4.54%), Vitamin E: 0.51mg (3.43%), Vitamin D: 0.36µg (2.43%)