



Chicken and Tortilla Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery chopped
- ☐ 2 chicken bouillon cubes
- ☐ 5 pounds chicken leg quarters
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 15 ounce flour tortillas
- ☐ 1 small onion chopped
- ☐ 1 teaspoon pepper
- ☐ 1.5 teaspoons salt

☐ 8 cups water

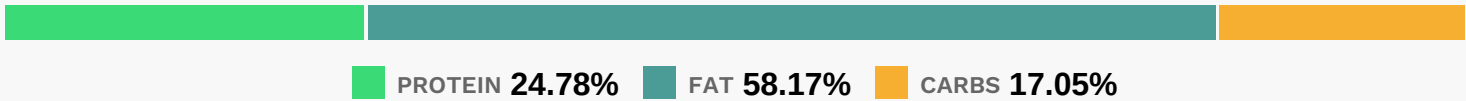
Equipment

☐ dutch oven

Directions

- ☐ Bring first 7 ingredients to a boil in a large Dutch oven; cover, reduce heat, and simmer 45 minutes or until chicken is tender.
- ☐ Remove chicken, reserving broth in Dutch oven.
- ☐ Let chicken and broth cool. Skin, bone, and cut chicken into bite-size pieces; set aside. Skim fat from broth.
- ☐ Add soup to broth; bring to a boil.
- ☐ Cut tortillas into 2- x 1-inch strips.
- ☐ Add strips, 1 at a time, to briskly boiling broth mixture.
- ☐ Add chicken, reduce heat, and simmer 10 minutes, stirring often to prevent dumplings from sticking.
- ☐ Quick Tip: Substitute 8 cups chicken broth for water; omit bouillon cubes; reduce salt to 1/2 teaspoon. Proceed with recipe using 3 to 4 cups chopped cooked chicken.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:12.91, Inflammation Score:-6, Nutrition Score:29.993043313856%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 975.33kcal (48.77%), Fat: 62.17g (95.64%), Saturated Fat: 17.37g (108.59%), Carbohydrates: 41g (13.67%), Net Carbohydrates: 38.24g (13.9%), Sugar: 3.64g (4.04%), Cholesterol: 319.11mg (106.37%), Sodium: 2041.87mg (88.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.59g (119.17%), Selenium: 77.3µg (110.43%), Vitamin B3: 18.3mg (91.52%), Phosphorus: 675.59mg (67.56%), Vitamin B6: 1.16mg (58.02%), Vitamin B1: 0.61mg (40.53%), Vitamin B2: 0.66mg (38.65%), Vitamin B5: 3.51mg (35.06%), Vitamin B12: 2.06µg (34.34%), Zinc: 4.6mg (30.65%), Iron: 5.34mg (29.67%), Manganese: 0.5mg (24.87%), Potassium: 798.7mg (22.82%), Magnesium: 84.36mg (21.09%), Folate: 80.1µg (20.02%), Copper: 0.36mg (18.13%), Calcium: 152.9mg (15.29%), Vitamin K: 14.62µg (13.93%), Fiber: 2.77g (11.07%), Vitamin A: 346.63IU (6.93%), Vitamin E: 0.96mg (6.41%), Vitamin D: 0.32µg (2.14%), Vitamin C: 0.94mg (1.14%)