



Chicken in a Pot with Cornmeal-Herb Dumplings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 large carrots cut into 2-inch pieces
- ☐ 4 large celery stalks cut into 2-inch pieces
- ☐ 1.5 pounds chicken breast halves
- ☐ 0.8 pound skin-on chicken drumsticks
- ☐ 2 pounds chicken thighs
- ☐ 8 servings cornmeal-herb dumplings
- ☐ 0.1 teaspoon optional: dill dried

- ☐ 4 garlic cloves crushed
- ☐ 1 pound onions
- ☐ 4 large parsley sprigs
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 12 cups water

Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Cut each onion into 4 wedges, leaving roots and skin intact.
- ☐ Combine the onions and next 11 ingredients (onions through garlic) in a large Dutch oven or stockpot, and bring to a boil. Reduce heat, and simmer, uncovered, for 1 1/2 hours or until chicken is done and vegetables are tender. Strain the mixture through a cheesecloth-lined colander into a large bowl; discard the parsley sprigs and garlic.
- ☐ Remove chicken from bones, and discard bones. Peel the onions.
- ☐ Place chicken-vegetable mixture in a bowl; cover and chill. Cover broth and chill at least 24 hours.
- ☐ Skim the solidified fat from surface of broth, and discard. Prepare the Cornmeal-Herb Dumplings.
- ☐ Combine the broth, chicken, and cooked vegetables in Dutch oven, and cook over medium heat until thoroughly heated. Ladle soup into large shallow bowls; top with Cornmeal-Herb Dumplings.
- ☐ Garnish soup with fresh parsley and minced chives, if desired.

Nutrition Facts



 PROTEIN **36.72%**  FAT **46.15%**  CARBS **17.13%**

Properties

Glycemic Index:33.54, Glycemic Load:7.97, Inflammation Score:-10, Nutrition Score:28.046956860501%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 484.25kcal (24.21%), Fat: 24.52g (37.73%), Saturated Fat: 6.41g (40.09%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 16.44g (5.98%), Sugar: 6.02g (6.69%), Cholesterol: 191.77mg (63.92%), Sodium: 505.9mg (22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.9g (87.8%), Vitamin A: 12209.36IU (244.19%), Vitamin B3: 16.56mg (82.8%), Selenium: 55.13µg (78.76%), Vitamin B6: 1.37mg (68.41%), Phosphorus: 472.56mg (47.26%), Vitamin B5: 3mg (30.02%), Potassium: 972.27mg (27.78%), Vitamin K: 22.03µg (20.98%), Vitamin B2: 0.35mg (20.72%), Zinc: 3.1mg (20.67%), Magnesium: 79.05mg (19.76%), Vitamin B1: 0.27mg (17.94%), Vitamin B12: 1.05µg (17.54%), Fiber: 4.03g (16.13%), Manganese: 0.32mg (16.05%), Vitamin C: 10.67mg (12.93%), Copper: 0.24mg (12.08%), Iron: 1.97mg (10.95%), Folate: 37.06µg (9.26%), Calcium: 69.39mg (6.94%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.23µg (1.51%)