



 **65%**  
HEALTH SCORE

## Chicken 'n Dumplings

 Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon pepper black
- 2 tablespoons butter melted
- 4 large carrots diced
- 3 stalks celery diced
- 0.5 cup cilantro leaves chopped
- 1 tablespoon basil dried
- 2 cups flour

- 1 teaspoon garlic chopped
- 1 leek chopped
- 0.8 cup milk
- 1 cup mushrooms chopped
- 1 tablespoon oregano dried
- 1 teaspoon paprika
- 6 large potatoes - remove skin diced red
- 2 small rutabaga diced
- 0.8 teaspoon salt
- 0.5 cup cheese shredded
- 16 chicken thighs boneless skinless quartered
- 1 liter vegetable stock
- 1 onion diced white
- 1 medium yam diced

## Equipment

- pot
- stove

## Directions

- This is a very easy meal to cook.
- Mix the dumpling ingredients first until the consistency of muffin batter (add more milk if necessary) and set aside. Dump all of the soup ingredients into your largest soup pot and cook on the top of the stove, on 3/4 heat, for about 45 minutes. When the potatoes are tender, and chicken is cooked, gently place spoonfuls of the dumpling mixture on top of the soup. Cover and let simmer for about 15 minutes to allow the dumplings to steam and rise. Dish out to your eager family. Feeds 6 - 8 depending on how hungry they are. Makes a great Sunday family dinner. Tastes even better the next day for lunch.

## Nutrition Facts



■ PROTEIN 30.02% ■ FAT 18.44% ■ CARBS 51.54%

## Properties

Glycemic Index:91.83, Glycemic Load:29.41, Inflammation Score:-10, Nutrition Score:50.491304045138%

## Flavonoids

Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg, Myricetin: 1.07mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

## Nutrients (% of daily need)

Calories: 759.1kcal (37.95%), Fat: 15.57g (23.96%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 97.91g (32.64%), Net Carbohydrates: 86.69g (31.52%), Sugar: 11.52g (12.8%), Cholesterol: 230.5mg (76.83%), Sodium: 1199.28mg (52.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.03g (114.06%), Vitamin A: 7056.25IU (141.13%), Vitamin B3: 19.29mg (96.47%), Selenium: 66.94µg (95.63%), Vitamin B6: 1.85mg (92.46%), Phosphorus: 788.87mg (78.89%), Potassium: 2729.43mg (77.98%), Vitamin C: 50.38mg (61.07%), Manganese: 1.17mg (58.45%), Vitamin B1: 0.84mg (56.23%), Vitamin B2: 0.83mg (48.71%), Fiber: 11.22g (44.87%), Vitamin K: 46.9µg (44.67%), Vitamin B5: 4.33mg (43.35%), Folate: 166.61µg (41.65%), Magnesium: 162.65mg (40.66%), Iron: 7.15mg (39.69%), Copper: 0.75mg (37.6%), Zinc: 5.39mg (35.93%), Vitamin B12: 1.74µg (29%), Calcium: 257.11mg (25.71%), Vitamin E: 1.54mg (10.26%), Vitamin D: 0.3µg (2.02%)