



Chicken Pudding

READY IN



145 min.

SERVINGS



12

CALORIES



433 kcal

Ingredients

- 1 tablespoon butter melted
- 6 tablespoons butter
- 4 carrots
- 4 rib celery
- 1 tablespoon chicken soup base
- 3 large eggs lightly beaten
- 0.8 cup milk
- 1 large onion quartered
- 1 teaspoon pepper
- 1 teaspoon poultry seasoning

- 1.5 teaspoons salt
- 1 cup coarsely saltine crackers crushed (24 crackers)
- 2 cups self-rising flour
- 0.3 cup shortening
- 5 pound meat from a rotisserie chicken whole

Equipment

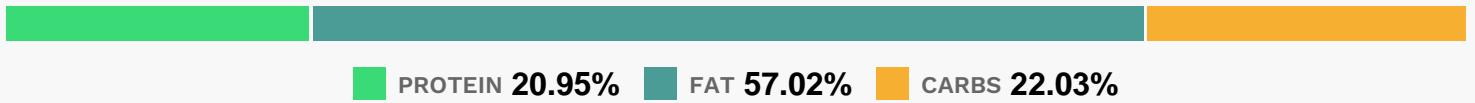
- bowl
- baking sheet
- oven
- whisk
- wire rack
- sieve
- blender
- baking pan
- dutch oven

Directions

- Combine first 6 ingredients and water to cover in a large Dutch oven. Bring to a boil over medium-high heat; reduce heat, and simmer 1 hour or until tender.
- Remove chicken and cool.
- Pour 6 cups broth through a wire-mesh strainer into a large bowl, discarding solids. Reserve remaining broth for later use.
- Whisk 6 tablespoons butter, bouillon granules, and poultry seasoning into strained broth until smooth. Set aside to cool.
- Cut shortening into flour with a pastry blender or fork until crumbly.
- Add milk, stirring just until dry ingredients are moistened.
- Spread dough to a 1/2-inch thickness on a lightly greased baking sheet, forming 1 large hoecake.
- Bake at 400 for 25 minutes or until golden brown. Cool on wire rack; break into pieces.

- Skin, bone, and coarsely chop chicken.
- Layer chicken and hoecake pieces in a lightly greased 13-x 9-inch baking dish.
- Whisk together chicken broth mixture and eggs; pour evenly over chicken and hoecake pieces.
- Stir together cracker crumbs and 1 tablespoon melted butter; sprinkle evenly over top of chicken mixture.
- Bake at 375 for 30 minutes or until golden brown and set.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.4, Glycemic Load:10.99, Inflammation Score:-9, Nutrition Score:14.911739090215%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 433.42kcal (21.67%), Fat: 27.21g (41.87%), Saturated Fat: 9.63g (60.17%), Carbohydrates: 23.66g (7.89%), Net Carbohydrates: 22.15g (8.05%), Sugar: 2.5g (2.78%), Cholesterol: 131.47mg (43.82%), Sodium: 603.58mg (26.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin A: 3840.29IU (76.81%), Selenium: 26.35µg (37.65%), Vitamin B3: 7.01mg (35.07%), Phosphorus: 213.68mg (21.37%), Vitamin B6: 0.41mg (20.38%), Manganese: 0.31mg (15.74%), Vitamin B2: 0.25mg (14.62%), Vitamin B5: 1.31mg (13.07%), Zinc: 1.71mg (11.43%), Vitamin B1: 0.15mg (9.81%), Vitamin K: 10.2µg (9.71%), Iron: 1.72mg (9.57%), Potassium: 332.34mg (9.5%), Folate: 32.98µg (8.25%), Vitamin B12: 0.49µg (8.24%), Magnesium: 32.82mg (8.21%), Vitamin E: 1.17mg (7.77%), Fiber: 1.51g (6.05%), Copper: 0.12mg (5.84%), Calcium: 55.12mg (5.51%), Vitamin C: 3.61mg (4.38%), Vitamin D: 0.6µg (3.99%)