



Chicken Stew with Classic Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups carrots thinly sliced
- 2 cups celery stalks coarsely chopped
- 0.5 cup chicken broth
- 6 cups chicken broth (from two 32-oz cartons)
- 3 cups roasted chicken cubed cooked
- 2 tablespoons parsley fresh chopped
- 1 cup onion chopped
- 0.5 teaspoon pepper

- 1.5 cups self raising flour
- 0.3 cup shortening
- 2 tablespoons vegetable oil

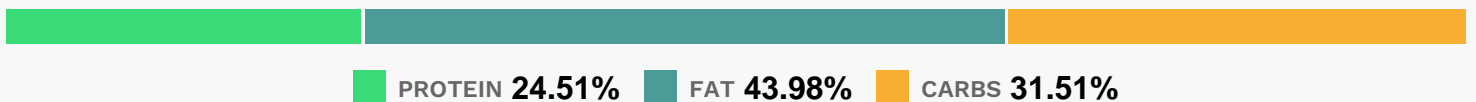
Equipment

- bowl
- sauce pan
- blender
- dutch oven

Directions

- In Dutch oven or large saucepan, heat oil over medium-high heat.
- Add celery, carrots and onion; cook, stirring frequently, until tender. Stir in chicken, pepper and 6 cups broth.
- Heat to boiling. Reduce heat to medium-low; simmer 15 minutes.
- Meanwhile, place flour in medium bowl.
- Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture resembles coarse crumbs. Stir in parsley.
- Add 1/2 cup broth; stir just until dry ingredients are moistened.
- Drop dough by tablespoonfuls onto chicken or vegetables in simmering stew. Cover; cook over medium-low heat 10 to 15 minutes or until dumplings are firm.

Nutrition Facts



Properties

Glycemic Index:29.6, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:14.521304317143%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 292.48kcal (14.62%), Fat: 14.21g (21.86%), Saturated Fat: 3.18g (19.89%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 20.86g (7.58%), Sugar: 3.23g (3.59%), Cholesterol: 43.19mg (14.4%), Sodium: 786.62mg (34.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin A: 4233.95IU (84.68%), Vitamin K: 36.98µg (35.22%), Selenium: 23.22µg (33.17%), Vitamin B3: 5.14mg (25.72%), Manganese: 0.39mg (19.3%), Phosphorus: 152.21mg (15.22%), Vitamin B6: 0.3mg (15.05%), Vitamin B2: 0.24mg (14.05%), Potassium: 356.88mg (10.2%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.83mg (8.32%), Vitamin B1: 0.12mg (8.27%), Fiber: 2.04g (8.17%), Folate: 29.35µg (7.34%), Vitamin E: 1.08mg (7.2%), Iron: 1.22mg (6.8%), Magnesium: 27.17mg (6.79%), Copper: 0.13mg (6.59%), Vitamin C: 5.01mg (6.07%), Calcium: 42.07mg (4.21%), Vitamin B12: 0.19µg (3.17%)