



## Chicken Stew with Dumplings

READY IN



65 min.

SERVINGS



8

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons butter
- 2 ribs celery sliced thin
- 29 ounce chicken broth canned
- 0.5 teaspoon basil dried
- 2 tablespoons optional: dill dried
- 0.3 teaspoon thyme leaves dried
- 1.5 cups flour all-purpose
- 2 cups vegetables mixed frozen

- 0.5 teaspoon ground pepper black
- 0.8 cup milk as needed
- 0.8 pound new potatoes cut into 1/2-inch dice
- 1 onion diced
- 3 pound rotisserie chicken cut
- 0.5 teaspoon salt

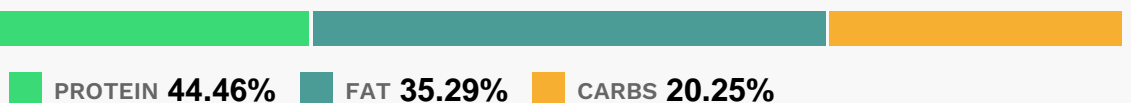
## Equipment

- bowl
- whisk
- dutch oven

## Directions

- De-bone chicken and cut into chunks or shred. Set aside.
- Melt 2 tablespoons butter in a large Dutch oven over medium heat; cook and stir onion and celery until soft, about 10 minutes.
- Sprinkle in 2 tablespoons flour and whisk continuously to make a thick roux, about 2 minutes. Slowly pour in chicken broth, whisking to remove any lumps.
- Add 1 teaspoon salt, black pepper, basil, thyme, potatoes, and mixed vegetable. Cover and cook the stew over medium heat until vegetables are tender, 15 to 20 minutes. Stir in chicken meat and continue to simmer.
- Meanwhile, combine 1 1/2 cups flour, baking powder, and 1/2 teaspoon salt in a large bowl; cut in 3 tablespoons butter until the mixture resembles coarse crumbs. Stir in milk and dill. Drop rounded tablespoonfuls of dough into the simmering stew. Cook, uncovered, for 10 minutes. Cover and cook until the dumplings are tender, 8 to 10 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:59.34, Glycemic Load:21.32, Inflammation Score:-9, Nutrition Score:18.071304238361%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg, Quercetin: 3.13mg

## Nutrients (% of daily need)

Calories: 711.51kcal (35.58%), Fat: 27.79g (42.75%), Saturated Fat: 9.23g (57.72%), Carbohydrates: 35.87g (11.96%), Net Carbohydrates: 31.92g (11.61%), Sugar: 2.25g (2.5%), Cholesterol: 228.71mg (76.24%), Sodium: 1413.97mg (61.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.77g (157.53%), Vitamin A: 2752.88IU (55.06%), Selenium: 27.77µg (39.67%), Phosphorus: 290.8mg (29.08%), Vitamin B3: 4.97mg (24.85%), Zinc: 3.23mg (21.53%), Vitamin B6: 0.43mg (21.35%), Iron: 3.82mg (21.23%), Manganese: 0.42mg (20.98%), Vitamin B1: 0.3mg (19.9%), Vitamin B12: 1.16µg (19.34%), Vitamin B2: 0.32mg (18.64%), Vitamin C: 14.83mg (17.97%), Folate: 71.62µg (17.9%), Potassium: 568.05mg (16.23%), Fiber: 3.95g (15.81%), Calcium: 145.71mg (14.57%), Magnesium: 55.09mg (13.77%), Copper: 0.19mg (9.48%), Vitamin K: 8.48µg (8.07%), Vitamin B5: 0.44mg (4.38%), Vitamin E: 0.52mg (3.47%), Vitamin D: 0.35µg (2.36%)