



## Chicken with Herb Dumplings

READY IN



90 min.

SERVINGS



8

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups baking mix all-purpose
- 2.5 pounds chicken parts bone-in
- 21 ounce cream of chicken soup undiluted canned
- 0.5 teaspoon parsley dried
- 0.1 teaspoon ground pepper black
- 0.7 cup milk
- 1 teaspoon paprika
- 0.3 teaspoon poultry seasoning
- 2 teaspoons salt

- 3 tablespoons vegetable shortening

## Equipment

- bowl
- frying pan
- paper towels
- stove

## Directions

- Heat shortening in a large skillet over medium-high heat. In a medium bowl, stir together 1 cup baking mix, salt, paprika, and pepper. Coat chicken with mixture, and fry in shortening, turning until browned.
- Remove chicken to paper towels, and drain fat.
- Wipe out skillet, and return to stove. Stir soup and milk together in skillet.
- Place chicken in pan, and heat to boiling. Reduce heat to low; cover skillet, and simmer 45 minutes, turning chicken from time to time.
- Meanwhile, in a medium bowl, combine 2 cups baking mix, milk, parsley, and poultry seasoning, stirring together until a soft dough forms. Once the chicken has cooked 45 minutes, drop the dumpling mixture by tablespoonfuls into the simmering gravy. Cook uncovered for 10 minutes; cover, and cook 10 minutes more, until dumplings expand.

## Nutrition Facts



**PROTEIN 20.13%** **FAT 57.41%** **CARBS 22.46%**

## Properties

Glycemic Index:16, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:12.893043476602%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg

## Nutrients (% of daily need)

Calories: 458.24kcal (22.91%), Fat: 28.92g (44.49%), Saturated Fat: 8.19g (51.21%), Carbohydrates: 25.47g (8.49%), Net Carbohydrates: 24.73g (8.99%), Sugar: 4.9g (5.45%), Cholesterol: 81.28mg (27.09%), Sodium: 1562.19mg (67.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.63%), Vitamin B3: 8.26mg (41.3%), Phosphorus: 361.77mg (36.18%), Selenium: 17.95µg (25.65%), Vitamin B6: 0.38mg (18.95%), Vitamin B2: 0.31mg (18.38%), Vitamin B1: 0.25mg (16.89%), Iron: 2.58mg (14.31%), Vitamin B5: 1.4mg (14%), Zinc: 1.76mg (11.71%), Folate: 45µg (11.25%), Calcium: 101.54mg (10.15%), Copper: 0.19mg (9.56%), Vitamin K: 9.9µg (9.43%), Manganese: 0.19mg (9.3%), Vitamin B12: 0.53µg (8.76%), Potassium: 304.87mg (8.71%), Vitamin A: 429.6IU (8.59%), Magnesium: 32.87mg (8.22%), Vitamin E: 1.11mg (7.39%), Fiber: 0.73g (2.94%), Vitamin D: 0.42µg (2.78%), Vitamin C: 1.72mg (2.09%)