



## Chicken with Herbed Dumplings

READY IN



300 min.

SERVINGS



4

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 bay leaf
- ☐ 2 carrots cut into 2-inch pieces
- ☐ 1 rib celery cut into 2-inch pieces
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 4 tablespoons flour all-purpose
- ☐ 2 tablespoons herbs fresh such as thyme and oregano chopped
- ☐ 0.5 cup milk

- ☐ 1 onion quartered
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 4 tablespoons butter unsalted
- ☐ 3.5 lb meat from a rotisserie chicken whole

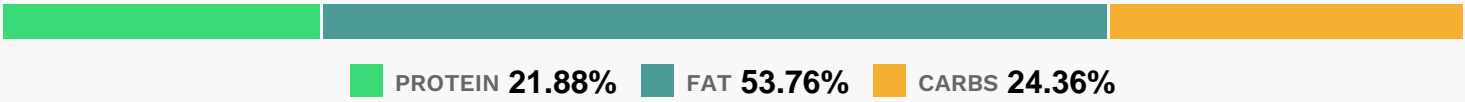
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slow cooker
- ☐ pastry cutter

## Directions

- ☐ Make chicken: Put first five ingredients in slow cooker.
- ☐ Pour in 6 cups cold water. Cover and cook on high until chicken is tender, about 3 1/2 hours.
- ☐ Remove chicken from cooker and set aside. When cool, remove meat and shred into large pieces.
- ☐ Strain cooking liquid and set aside. Melt butter in a saucepan over medium-high heat.
- ☐ Add flour and whisk until smooth.
- ☐ Add cooking liquid to pan, increase heat to high, bring to a boil and whisk until smooth and slightly thickened. Return sauce and chicken to slow cooker. Season with salt and pepper.
- ☐ Make dumplings: In a small bowl, combine flour, baking powder, salt and herbs.
- ☐ Add butter and use fingertips or a pastry cutter to work butter into dry ingredients until mixture resembles coarse crumbs.
- ☐ Whisk egg and milk to blend, then stir into flour mixture to form a sticky batter. Drop batter by tablespoon into cooker. Cover and cook on high until dumplings are fluffy, about 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:104.46, Glycemic Load:32.88, Inflammation Score:-10, Nutrition Score:31.389999762825%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

## Nutrients (% of daily need)

Calories: 820.19kcal (41.01%), Fat: 48.54g (74.68%), Saturated Fat: 20.07g (125.41%), Carbohydrates: 49.49g (16.5%), Net Carbohydrates: 46.62g (16.95%), Sugar: 4.3g (4.78%), Cholesterol: 238.19mg (79.4%), Sodium: 992.04mg (43.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.45g (88.91%), Vitamin A: 6175.44IU (123.51%), Vitamin B3: 16.58mg (82.88%), Selenium: 50.67µg (72.39%), Phosphorus: 485mg (48.5%), Vitamin B6: 0.81mg (40.44%), Vitamin B1: 0.6mg (39.92%), Vitamin K: 41.63µg (39.65%), Vitamin B2: 0.63mg (37.11%), Folate: 131.64µg (32.91%), Iron: 5.08mg (28.22%), Calcium: 274.71mg (27.47%), Manganese: 0.5mg (24.94%), Vitamin B5: 2.43mg (24.26%), Zinc: 3.33mg (22.17%), Potassium: 636.6mg (18.19%), Magnesium: 63.93mg (15.98%), Vitamin B12: 0.9µg (15.04%), Vitamin C: 9.56mg (11.59%), Fiber: 2.87g (11.49%), Copper: 0.21mg (10.54%), Vitamin E: 1.46mg (9.74%), Vitamin D: 1.28µg (8.54%)