



Classic Chicken and Dumplings

READY IN



145 min.

SERVINGS



8

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons add carrot and onion to bacon fat . cook
- 1 teaspoon chicken soup base
- 0.5 teaspoon thyme dried
- 0.5 teaspoon garlic powder
- 1 cup milk
- 8 servings parsley fresh chopped
- 0.8 teaspoon pepper divided
- 0.5 teaspoon poultry seasoning
- 2.5 teaspoons salt divided

- 3 cups self raising flour
- 0.3 cup shortening
- 3.8 lb chicken whole

Equipment

- bowl
- blender
- dutch oven

Directions

- Bring chicken, water to cover, garlic powder, thyme, 1 1/2 tsp. salt, and 1/2 tsp. pepper to a boil in a Dutch oven over medium heat. Cover, reduce heat to medium-low, and simmer 1 hour.
- Remove chicken; reserve broth.
- Cool chicken 30 minutes; skin, bone, and shred chicken. Skim fat from broth.
- Add chicken, bouillon, and remaining 1 tsp. salt and 1/4 tsp. pepper to broth. Return to a simmer.
- Combine flour and poultry seasoning in a bowl.
- Cut in shortening and bacon drippings with a pastry blender until crumbly. Stir in milk. Turn dough out onto a lightly floured surface.
- Roll to 1/8-inch thickness; cut into 1-inch pieces.
- Drop dumplings, a few at a time, into simmering broth, stirring gently. Cover and simmer, stirring often, 25 minutes.
- Garnish, if desired.
- *2 tsp. butter plus 1/4 tsp. salt may be substituted.

Nutrition Facts

 **PROTEIN 21.15%**  **FAT 49.29%**  **CARBS 29.56%**

Properties

Glycemic Index:21.75, Glycemic Load:22.63, Inflammation Score:-6, Nutrition Score:15.698260918907%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.18kcal (24.76%), Fat: 26.75g (41.15%), Saturated Fat: 7.63g (47.68%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 34.74g (12.63%), Sugar: 1.7g (1.89%), Cholesterol: 81.19mg (27.06%), Sodium: 874.67mg (38.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.83g (51.66%), Vitamin K: 74.29µg (70.76%), Selenium: 34.03µg (48.61%), Vitamin B3: 7.51mg (37.55%), Phosphorus: 230.45mg (23.04%), Manganese: 0.44mg (21.99%), Vitamin B6: 0.4mg (20.14%), Vitamin B5: 1.33mg (13.27%), Zinc: 1.92mg (12.81%), Vitamin B2: 0.2mg (11.69%), Vitamin A: 536.88IU (10.74%), Iron: 1.75mg (9.74%), Magnesium: 38.83mg (9.71%), Potassium: 314.69mg (8.99%), Vitamin C: 7mg (8.49%), Vitamin B1: 0.12mg (8.19%), Vitamin B12: 0.48µg (8.03%), Copper: 0.15mg (7.31%), Vitamin E: 1.08mg (7.19%), Folate: 28.22µg (7.05%), Calcium: 65.7mg (6.57%), Fiber: 1.36g (5.43%), Vitamin D: 0.56µg (3.76%)