



Easy Chicken and Dumplings

READY IN



55 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound strips. boneless
- 2 tablespoons butter
- 0.7 cup buttermilk
- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme dried
- 3 tablespoons parsley fresh chopped
- 10 ounce savory vegetable mixed frozen
- 2 cloves garlic minced
- 1 cup chicken broth low-sodium

- 1.5 cups self raising flour
- 3 tablespoons shortening
- 1 large onion yellow chopped

Equipment

- bowl
- sauce pan
- pot

Directions

- Melt butter in a large saucepan or pot over medium heat.
- Saute onion and garlic for 5 minutes, then stir in chicken and saute until browned, about 7 to 10 minutes. Stir in broth, vegetables, sage and thyme; mix all together and let simmer over medium heat while preparing the dumplings.
- In a medium bowl, mix flour and parsley together.
- Add shortening and stir mixture into a coarse, mealy dough. Stir in buttermilk, a little bit at a time, until dough holds together and is soft but firm. (If needed, add up to 2 tablespoons more buttermilk).
- Bring chicken mixture to a boil over medium high heat and drop round spoonfuls of dumpling mixture on top (do not let dumplings touch each other). Reduce heat to low, cover pot and let simmer for 10 to 12 minutes.

Nutrition Facts

 PROTEIN **18.05%**  FAT **50.92%**  CARBS **31.03%**

Properties

Glycemic Index:70.5, Glycemic Load:26.59, Inflammation Score:-10, Nutrition Score:24.071738885797%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg

Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 650.91kcal (32.55%), Fat: 37.02g (56.95%), Saturated Fat: 12.15g (75.94%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 45.98g (16.72%), Sugar: 3.81g (4.23%), Cholesterol: 130.58mg (43.53%), Sodium: 230.16mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.52g (59.05%), Vitamin A: 4188.38IU (83.77%), Selenium: 42.06µg (60.08%), Vitamin K: 59.97µg (57.12%), Vitamin B3: 7.57mg (37.85%), Phosphorus: 335.01mg (33.5%), Manganese: 0.65mg (32.62%), Vitamin B6: 0.56mg (28.11%), Vitamin B2: 0.34mg (20.13%), Fiber: 4.78g (19.12%), Vitamin C: 14.67mg (17.78%), Vitamin B5: 1.76mg (17.65%), Potassium: 614.55mg (17.56%), Vitamin B1: 0.25mg (16.83%), Zinc: 2.47mg (16.49%), Vitamin B12: 0.98µg (16.34%), Magnesium: 60.96mg (15.24%), Copper: 0.27mg (13.69%), Iron: 2.45mg (13.6%), Folate: 53.74µg (13.44%), Calcium: 102.01mg (10.2%), Vitamin E: 1.25mg (8.31%), Vitamin D: 0.63µg (4.22%)