



## Hearty Chicken and Dumplings

READY IN



96 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce dumplings frozen (such as Mary B's)
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup carrots sliced
- 0.3 cup celery sliced
- 4 skin-on chicken drumsticks
- 4 chicken thighs
- 0.8 teaspoon thyme leaves dried
- 4 cups less-sodium chicken broth fat-free
- 2 teaspoons butter light

- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 3 cups water

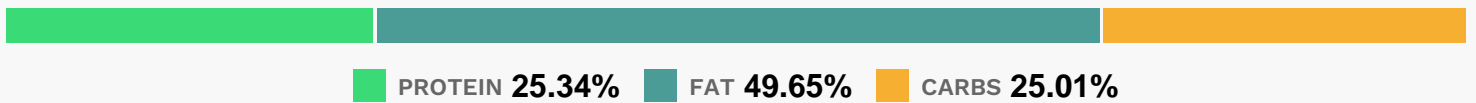
## Equipment

- bowl
- dutch oven
- tongs

## Directions

- Combine first 9 ingredients in a Dutch oven. Bring to a boil; partially cover. Reduce heat; simmer 45 minutes or until chicken is done.
- Transfer chicken and vegetables to a large bowl, using tongs; cool slightly.
- Bring broth to a boil. Separate frozen dumpling strips; break each strip in half.
- Add dumplings to broth, 1 at a time, stirring often to prevent sticking. Cover, reduce heat, and simmer 25 minutes.
- Meanwhile, remove chicken from bones; cut meat into bite-sized pieces.
- Add chicken, butter, and pepper to dumpling mixture; stir well to combine. Simmer 10 minutes, covered, or until dumplings are tender.

## Nutrition Facts



## Properties

Glycemic Index:34.46, Glycemic Load:0.8, Inflammation Score:-9, Nutrition Score:19.086956485458%

## Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## Nutrients (% of daily need)

Calories: 608.64kcal (30.43%), Fat: 33.7g (51.84%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 35.04g (12.74%), Sugar: 5.6g (6.23%), Cholesterol: 186.8mg (62.27%), Sodium: 1659.17mg (72.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Selenium: 41µg (58.57%), Vitamin B3: 10.34mg (51.71%), Vitamin A: 1992.79IU (39.86%), Vitamin B6: 0.72mg (35.87%), Phosphorus: 342.15mg (34.22%), Vitamin B12: 1.6µg (26.61%), Vitamin B5: 2.28mg (22.79%), Vitamin B2: 0.34mg (20.14%), Zinc: 3.02mg (20.13%), Iron: 3.28mg (18.24%), Potassium: 558.77mg (15.96%), Vitamin C: 11.57mg (14.03%), Fiber: 3.15g (12.58%), Vitamin B1: 0.18mg (12.01%), Magnesium: 45.62mg (11.4%), Vitamin K: 11.76µg (11.2%), Copper: 0.19mg (9.71%), Calcium: 78.23mg (7.82%), Manganese: 0.14mg (6.84%), Folate: 17.35µg (4.34%), Vitamin E: 0.53mg (3.55%), Vitamin D: 0.21µg (1.42%)