



Herbed Chicken and Dumplings

READY IN



45 min.

SERVINGS



2

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 bay leaves
- ☐ 0.5 cup carrots ()
- ☐ 0.8 cup celery ()
- ☐ 0.1 teaspoon thyme dried
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup milk 1% low-fat

- ☐ 0.5 cup onion chopped
- ☐ 3 parsley
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces chicken thighs boneless skinless cut into bite-sized pieces

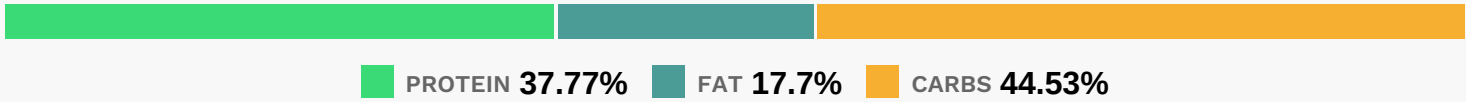
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Heat a large saucepan over medium-high heat. Coat pan with cooking spray.
- ☐ Add chicken to pan; cook 4 minutes, browning on all sides.
- ☐ Remove chicken from pan; keep warm.
- ☐ Add celery and next 5 ingredients (through bay leaf) to pan; saut 5 minutes or until onion is tender. Return chicken to pan; cook 1 minute.
- ☐ Add broth to pan; bring mixture to a boil. Cover, reduce heat, and simmer 30 minutes.
- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, chopped parsley, baking powder, and salt in a medium bowl.
- ☐ Add milk, stirring just until moist. Spoon by heaping teaspoonfuls into broth mixture; cover and simmer 10 minutes or until dumplings are done. Discard parsley sprigs and bay leaf.

Nutrition Facts



Properties

Glycemic Index:168.42, Glycemic Load:19.42, Inflammation Score:-10, Nutrition Score:27.959999924121%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg, Quercetin: 8.34mg

Nutrients (% of daily need)

Calories: 311.28kcal (15.56%), Fat: 6.04g (9.3%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 31.04g (11.29%), Sugar: 5.81g (6.45%), Cholesterol: 109.2mg (36.4%), Sodium: 1905.37mg (82.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.03%), Vitamin A: 5902.12IU (118.04%), Vitamin K: 77.36µg (73.68%), Selenium: 44.73µg (63.89%), Vitamin B3: 10.64mg (53.22%), Phosphorus: 358.7mg (35.87%), Vitamin B6: 0.71mg (35.41%), Vitamin B2: 0.52mg (30.75%), Vitamin B1: 0.44mg (29.26%), Vitamin B12: 1.59µg (26.44%), Folate: 98.61µg (24.65%), Vitamin B5: 2.26mg (22.56%), Potassium: 739.92mg (21.14%), Manganese: 0.42mg (21.07%), Iron: 3.46mg (19.24%), Zinc: 2.38mg (15.84%), Calcium: 136.58mg (13.66%), Magnesium: 54mg (13.5%), Vitamin C: 10.73mg (13.01%), Fiber: 3.18g (12.71%), Copper: 0.22mg (11.15%), Vitamin E: 0.58mg (3.87%), Vitamin D: 0.32µg (2.16%)