



WHATSheATE



Homemade Southern Style Chicken and Dumplings

♥♥ Popular

READY IN



105 min.

SERVINGS



6

CALORIES



1252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 2 cups all purpose flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon pepper black
- ☐ 6 tablespoons butter

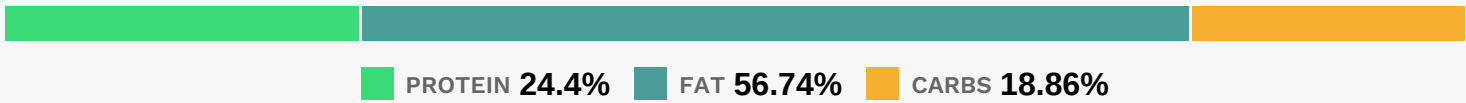
- ☐ 1 cup buttermilk
- ☐ 1 large carrots
- ☐ 1 rib celery whole with leaves
- ☐ 4 cups reserved chicken
- ☐ 1 tablespoon chicken stock cube
- ☐ 2 quarts the reserved chicken stock
- ☐ 4 pounds hen
- ☐ 2 sprigs parsley fresh
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 tablespoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoons kosher salt
- ☐ 1 cup milk
- ☐ 1 medium onion
- ☐ 0.1 teaspoon poultry seasoning
- ☐ 0.3 cup vegetable shortening
- ☐ 6 servings water to cover

Equipment

Directions

- ☐ Recipe: Homemade Southern Style Chicken and Dumplings
- ☐ From the Kitchen of Deep South Dish
- ☐ Prep time: 15 min |Cook time: 1 hour 30 min |

Nutrition Facts



Properties

Glycemic Index:94.64, Glycemic Load:30.96, Inflammation Score:-9, Nutrition Score:37.66913055337%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 1251.75kcal (62.59%), Fat: 77.68g (119.51%), Saturated Fat: 26.02g (162.62%), Carbohydrates: 58.11g (19.37%), Net Carbohydrates: 55.98g (20.36%), Sugar: 10.54g (11.71%), Cholesterol: 381.49mg (127.16%), Sodium: 2228.16mg (96.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.16g (150.32%), Vitamin B3: 27.93mg (139.66%), Selenium: 68.26µg (97.52%), Vitamin B2: 1.23mg (72.3%), Phosphorus: 715.67mg (71.57%), Vitamin B6: 1.32mg (65.85%), Vitamin A: 2905.38IU (58.11%), Vitamin B1: 0.82mg (54.97%), Potassium: 1361.71mg (38.91%), Zinc: 5.19mg (34.58%), Iron: 5.98mg (33.23%), Folate: 131.52µg (32.88%), Vitamin B5: 2.86mg (28.61%), Vitamin B12: 1.54µg (25.66%), Magnesium: 101.8mg (25.45%), Manganese: 0.49mg (24.31%), Copper: 0.48mg (23.82%), Vitamin K: 23.65µg (22.52%), Calcium: 193.07mg (19.31%), Vitamin E: 2.25mg (14.97%), Fiber: 2.13g (8.52%), Vitamin D: 1.04µg (6.93%), Vitamin C: 5.26mg (6.37%)