



Italian Chicken and Dumplings

READY IN



40 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves
- ☐ 1 to 2 bay leaves fresh
- ☐ 4 tablespoons butter divided
- ☐ 1 cup carrots shredded store bought
- ☐ 4 ribs celery from the heart very thinly sliced
- ☐ 3 cups chicken stock see divided
- ☐ 2 pounds chicken tenderloins diced
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic

- ☐ 20 ounce d gnocchi fresh
- ☐ 1 lemon zest
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 2 handfuls a couple parmigiano-reggiano grated
- ☐ 1 handful a parsley leaves generous
- ☐ 1 handful pinenuts lightly toasted
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 12 large mushrooms white sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

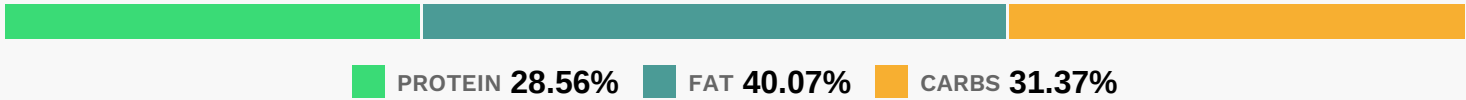
Directions

- ☐ Place a large pot of water on to boil for gnocchi.
- ☐ Heat a pot with 1 tablespoon extra-virgin olive oil, a turn of the pan, over medium-high heat.
- ☐ Add chicken, season with salt and pepper, and lightly brown.
- ☐ Remove to a plate and add another tablespoon of olive oil and 2 tablespoons butter and heat.
- ☐ Add mushrooms, carrots, celery, and bay leaf, season with salt and pepper. Soften 5 minutes, sprinkle in flour and cook 2 minutes.
- ☐ Whisk in 2 1/2 cups stock, slide the chicken back into the pot and simmer to allow sauce to thicken.
- ☐ Place the remaining 1/2 cup stock in food processor with basil, parsley, garlic, pine nuts and cheese, salt and pepper. Turn processor on and pour in the remaining few tablespoons oil.
- ☐ Melt 2 tablespoons butter in a skillet over medium heat with the zest of 1 lemon.
- ☐ Salt cooking water and drop gnocchi in the water, cook until the gnocchi floats, drain and add to the lemon butter and season with salt and pepper, to taste. Toss the gnocchi 2 to 3

minutes in lemon butter until light golden at edges.

- ☐ Turn heat off chicken and stir in pesto sauce.
- ☐ Serve the chicken in shallow bowls and top with lemon butter dumplings.

Nutrition Facts



Properties

Glycemic Index:82.47, Glycemic Load:24.61, Inflammation Score:-10, Nutrition Score:28.977391071942%

Flavonoids

Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 580.06kcal (29%), Fat: 25.85g (39.77%), Saturated Fat: 8.13g (50.83%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 41.53g (15.1%), Sugar: 4.26g (4.74%), Cholesterol: 120.66mg (40.22%), Sodium: 772.06mg (33.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.45g (82.91%), Vitamin B3: 19.91mg (99.54%), Vitamin A: 4237.81IU (84.76%), Selenium: 56.97µg (81.38%), Vitamin B6: 1.32mg (66.02%), Vitamin K: 46.66µg (44.44%), Phosphorus: 416.59mg (41.66%), Vitamin B5: 3.01mg (30.14%), Vitamin B2: 0.49mg (29.07%), Potassium: 997.5mg (28.5%), Iron: 5.02mg (27.86%), Vitamin E: 2.5mg (16.64%), Fiber: 4.01g (16.03%), Vitamin B1: 0.23mg (15.33%), Copper: 0.3mg (14.94%), Magnesium: 58.68mg (14.67%), Folate: 44.67µg (11.17%), Manganese: 0.21mg (10.6%), Vitamin C: 8.17mg (9.9%), Zinc: 1.47mg (9.83%), Calcium: 66.87mg (6.69%), Vitamin B12: 0.34µg (5.68%), Vitamin D: 0.24µg (1.63%)