



Mexican Chicken and Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



1294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 3 tablespoons butter melted
- 14.5 oz canned tomatoes mexican-style canned
- 3 pounds strips.
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- 2 tablespoons pepper flakes chopped
- 15 oz fat-skimmed beef broth canned
- 1 cup flour all-purpose
- 1 clove garlic minced peeled

- 1 bell pepper diced green stemmed rinsed seeded
- 0.8 cup milk
- 1 tablespoon olive oil
- 8 oz onion diced peeled
- 10 oz enchilada sauce red canned
- 10 oz enchilada sauce red canned
- 0.5 teaspoon salt
- 0.5 cup cornmeal yellow

Equipment

- bowl
- frying pan
- ladle
- whisk

Directions

- Pour oil into a 5- to 6-quart pan over medium-high heat; when hot, add onion, bell pepper, and garlic and stir often until limp, 5 to 7 minutes.
- Rinse chicken.
- Add broth, tomatoes, enchilada sauce, and chicken to pan; bring to a boil. Reduce heat, cover, and simmer, stirring occasionally, until chicken is no longer pink at the bone (cut to test), about 40 minutes.
- Meanwhile, in a bowl, mix flour, cornmeal, baking powder, salt, and jalapeos. In a small bowl, whisk butter into milk; stir into flour mixture until well blended. Drop batter in tablespoon portions into simmering chicken mixture; cover and simmer gently until dumplings are cooked all the way through (cut to test), 10 to 12 minutes.
- Ladle chicken, dumplings, and sauce equally into wide, shallow bowls and serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.92, Glycemic Load:20.6, Inflammation Score:-8, Nutrition Score:41.456956448762%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 1294.29kcal (64.71%), Fat: 85.72g (131.88%), Saturated Fat: 25.03g (156.42%), Carbohydrates: 46.51g (15.5%), Net Carbohydrates: 40.73g (14.81%), Sugar: 13.51g (15.01%), Cholesterol: 463.23mg (154.41%), Sodium: 1944.23mg (84.53%), Alcohol: 0g (100%), Protein: 81.98g (163.95%), Selenium: 95.59µg (136.55%), Vitamin B3: 24.09mg (120.47%), Vitamin B6: 1.9mg (94.8%), Phosphorus: 878.25mg (87.83%), Vitamin B12: 3.22µg (53.69%), Vitamin B5: 5.25mg (52.55%), Vitamin B2: 0.83mg (48.8%), Zinc: 6.67mg (44.44%), Vitamin B1: 0.65mg (43.07%), Vitamin C: 34.28mg (41.55%), Potassium: 1372.58mg (39.22%), Iron: 6.33mg (35.16%), Magnesium: 130.56mg (32.64%), Vitamin A: 1477.53IU (29.55%), Manganese: 0.53mg (26.26%), Copper: 0.47mg (23.43%), Fiber: 5.78g (23.14%), Calcium: 196.3mg (19.63%), Folate: 76.39µg (19.1%), Vitamin K: 17.56µg (16.72%), Vitamin E: 2.5mg (16.67%), Vitamin D: 0.79µg (5.26%)