



Pressed for Thyme Chicken and Dumplings

READY IN



25 min.

SERVINGS



8

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 3 teaspoons thyme leaves dried fresh chopped
- ☐ 8 chicken thighs bone-in skinless
- ☐ 3 tablespoons olive oil
- ☐ 1.5 cups onion sliced
- ☐ 3 cups chicken broth
- ☐ 2 cups celery sliced
- ☐ 2 cups carrots sliced

- ☐ 0.3 teaspoon pepper black
- ☐ 0.7 cup milk
- ☐ 2 cups frangelico

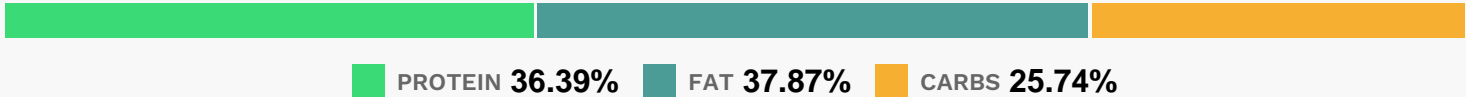
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ In large resealable food-storage plastic bag, mix flour, salt and 1 teaspoon of the fresh thyme (1/3 teaspoon dried).
- ☐ Add chicken to the bag, several pieces at a time, and shake to coat completely. In 5-quart Dutch oven, heat 2 tablespoons of the oil over medium-high heat.
- ☐ Add 4 pieces of chicken; cook 5 to 7 minutes, turning once, until browned.
- ☐ Transfer chicken to plate. Repeat with remaining chicken.
- ☐ Add onion to remaining flour in bag; shake to coat completely. Reduce heat to medium; add remaining 1 tablespoon oil to Dutch oven.
- ☐ Add onion; cook 6 to 7 minutes or until light golden brown.
- ☐ Add chicken back to Dutch oven.
- ☐ Sprinkle with 1 teaspoon fresh thyme (1/3 teaspoon dried).
- ☐ Add chicken broth.
- ☐ Heat to boiling; cover, and reduce heat to low. Simmer 45 minutes.
- ☐ Add celery, carrots and pepper to Dutch oven. In medium bowl, stir Bisquick mix, milk and remaining 1 teaspoon fresh thyme (1/3 teaspoon dried) until soft dough forms. Drop by tablespoonfuls onto chicken. Cook uncovered 10 minutes. Cover; cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:36.98, Glycemic Load:7.9, Inflammation Score:-10, Nutrition Score:18.365652115449%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 252.76kcal (12.64%), Fat: 10.54g (16.22%), Saturated Fat: 2.22g (13.87%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 13.92g (5.06%), Sugar: 4.51g (5.01%), Cholesterol: 101.1mg (33.7%), Sodium: 760.01mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin A: 5555.05IU (111.1%), Selenium: 27.61µg (39.44%), Vitamin B3: 6.97mg (34.85%), Vitamin B6: 0.57mg (28.63%), Phosphorus: 252.91mg (25.29%), Vitamin B2: 0.36mg (20.99%), Vitamin K: 18.06µg (17.2%), Vitamin B1: 0.24mg (16.27%), Vitamin B5: 1.54mg (15.44%), Potassium: 524.77mg (14.99%), Manganese: 0.26mg (13.04%), Vitamin B12: 0.78µg (13%), Zinc: 1.94mg (12.96%), Folate: 44.36µg (11.09%), Magnesium: 40mg (10%), Iron: 1.74mg (9.66%), Fiber: 2.21g (8.85%), Vitamin E: 1.28mg (8.52%), Vitamin C: 6.09mg (7.38%), Calcium: 70.38mg (7.04%), Copper: 0.13mg (6.28%), Vitamin D: 0.22µg (1.49%)