



Southern Chicken and Dumplings

READY IN



105 min.

SERVINGS



6

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tablespoons butter
- ☐ 3 large chicken breast halves bone-in with skin
- ☐ 32 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 3 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.8 cup milk
- ☐ 1 onion diced

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable shortening
- ☐ 2 cups water

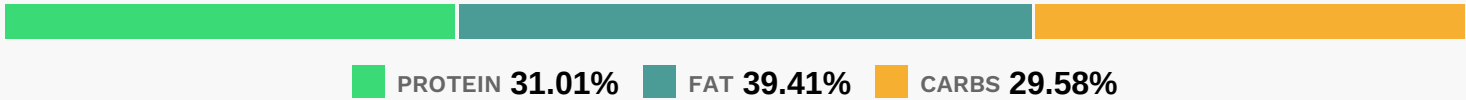
Equipment

- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Melt the butter in a large pot over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes.
- ☐ Place the chicken breasts into the pot, skin-side-down.
- ☐ Pour in the chicken broth, and enough water to just cover the breasts. Bring to a simmer over high heat, then reduce heat to medium-low, cover, and simmer until the chicken begins to fall off the bone, about 1 hour. Once cooked, remove the chicken breasts from the pot.
- ☐ Remove and discard the skin and bone; allow the meat to cool, then tear apart into bite sized chunks.
- ☐ While the chicken breast are simmering, prepare the dumpling dough by whisking the flour, baking powder, and 1 1/2 teaspoons of salt together in a mixing bowl. Work the vegetable shortening in with your fingers until the mixture resembles coarse cornmeal. Make a well in the middle and pour in the milk. Stir together until a stiff dough forms. Turn out onto a floured surface, and knead until smooth. Form the dough into 12 pieces, and set aside.
- ☐ After you've shredded the chicken, stir the cream of chicken soup, 2 cups water, salt, pepper, and shredded chicken back into the pot. Return to a simmer over medium-high heat. Drop the dumplings into the simmering broth one at a time to keep them from sticking together. Cover, reduce heat to medium-low, and simmer until the dumplings have puffed and are no longer doughy in the center, 10 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:59.5, Glycemic Load:37.51, Inflammation Score:-7, Nutrition Score:26.510434492775%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 778.38kcal (38.92%), Fat: 33.42g (51.42%), Saturated Fat: 10.5g (65.64%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 54.41g (19.79%), Sugar: 2.69g (2.99%), Cholesterol: 129.52mg (43.17%), Sodium: 1604.66mg (69.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.16g (118.33%), Selenium: 68.78µg (98.26%), Vitamin B3: 13.47mg (67.34%), Phosphorus: 514.42mg (51.44%), Vitamin B6: 0.78mg (38.95%), Vitamin B1: 0.56mg (37.43%), Vitamin B2: 0.59mg (34.62%), Iron: 5.89mg (32.73%), Zinc: 4.86mg (32.42%), Folate: 124.31µg (31.08%), Vitamin B12: 1.8µg (29.96%), Manganese: 0.51mg (25.27%), Calcium: 203.82mg (20.38%), Potassium: 607.33mg (17.35%), Magnesium: 66.26mg (16.57%), Vitamin B5: 1.4mg (13.96%), Copper: 0.27mg (13.37%), Vitamin K: 12.55µg (11.95%), Vitamin E: 1.73mg (11.53%), Vitamin A: 543.87IU (10.88%), Fiber: 2.02g (8.1%), Vitamin D: 0.54µg (3.62%), Vitamin C: 2.09mg (2.53%)