



Southern Style Chicken and Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cups flour all-purpose
- ☐ 2 slices optional: lemon
- ☐ 1 onion quartered
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper to taste
- ☐ 3 tablespoons shortening

- ☐ 0.3 cup water
- ☐ 3 pound meat from a rotisserie chicken whole

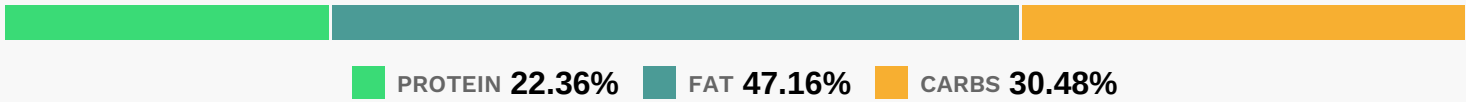
Equipment

- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ rolling pin
- ☐ pizza cutter

Directions

- ☐ In a heavy pot with a lid place the chicken, onion, lemon, salt, pepper, water, bay leaf and thyme. Simmer all over low heat until tender, about 1 hour.
- ☐ Let chicken cool slightly in pot, then remove and take the meat off of the bones. Discard the bones and skin and skim excess fat off the broth if desired. Discard the onion, lemon and bay leaf. If desired, wash out pot well. Return broth and chicken pieces to the pot. Simmer over low heat while making the dumplings.
- ☐ To Make Dumplings: In a medium mixing bowl, cut shortening into the flour and salt. Stir in 1/4 cup water (more if needed) to form a soft dough.
- ☐ Roll out dough on a floured surface, with a rolling pin, until very thin.
- ☐ Cut into 1 inch wide strips using a pizza cutter or knife. Tear off 1 inch long pieces from these strips and drop into simmering broth and chicken meat. Simmer for 10 minutes with the lid off, then 10 minutes more with the lid on.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:23.42, Inflammation Score:-5, Nutrition Score:13.894347750622%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 450.59kcal (22.53%), Fat: 23.24g (35.75%), Saturated Fat: 6.37g (39.8%), Carbohydrates: 33.79g (11.26%), Net Carbohydrates: 32.25g (11.73%), Sugar: 0.95g (1.06%), Cholesterol: 81.65mg (27.22%), Sodium: 659.99mg (28.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin B3: 9.89mg (49.46%), Selenium: 29.91µg (42.73%), Vitamin B1: 0.4mg (26.9%), Folate: 86.78µg (21.7%), Vitamin B6: 0.42mg (21.2%), Phosphorus: 210.9mg (21.09%), Vitamin B2: 0.34mg (20.13%), Iron: 3.09mg (17.14%), Manganese: 0.34mg (16.93%), Vitamin B5: 1.24mg (12.44%), Zinc: 1.76mg (11.72%), Magnesium: 33.28mg (8.32%), Potassium: 281.21mg (8.03%), Vitamin K: 6.66µg (6.35%), Fiber: 1.54g (6.15%), Copper: 0.12mg (6.15%), Vitamin B12: 0.34µg (5.62%), Vitamin C: 4.38mg (5.31%), Vitamin E: 0.76mg (5.05%), Vitamin A: 157.48IU (3.15%), Calcium: 25.48mg (2.55%), Vitamin D: 0.22µg (1.45%)