

Easy Chicken and Dumplings

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Servings: 8

1 three-pound chicken fryer or chicken quarters

1 small onion, chopped

black peppercorns

fresh chopped parsley (optional)

3 carrots, sliced

2 1/4 cups Bisquick biscuit mix

3/4 cup milk

2 ounces Parmigiano Reggiano cheese, grated

1/2 teaspoon garlic powder

Place the chicken and onion in a Dutch oven or large pot; cover with water. Add the peppercorns and parsley, if using. Simmer until the chicken is cooked and the broth is rich and reduced, two to four hours. Remove the chicken and strain the stock. Let cool. Remove the chicken from the bones, shred, and discard the bones and skin. Add the chicken and carrots to the broth. Simmer for 15 minutes.

Combine the Bisquick, milk, cheese and garlic powder. Mix well with a fork. Drop forkfuls of dough into the simmering broth, filling in the spaces between dumplings as you work. (The dumplings will float.) Cook, uncovered, for 10 minutes. Cover and cook another 10 to 15 minutes until the dumplings are thoroughly cooked.

Per Serving (excluding unknown items): 31 Calories; 1g Fat (22.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 21mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	31	Vitamin B6 (mg):	.1mg
% Calories from Fat:	22.9%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	62.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	14.8%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	8mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	21mg
Potassium (mg):	145mg
Calcium (mg):	37mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	4mg
Vitamin A (i.u.):	7624IU
Vitamin A (r.e.):	768RE

Alcohol (kcal):	0
% Refuse:	00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 31	Calories from Fat: 7
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% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	2%
Cholesterol 3mg	1%
Sodium 21mg	1%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 1g	
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Vitamin A	152%
Vitamin C	6%
Calcium	4%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.