

Sara's Chicken and Dumplings

*Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL*

*4 large chicken breasts
2 cups all-purpose flour
1 teaspoon salt
2/3 cup shortening
5 to 6 tablespoons water
black pepper (to taste)*

Cover the chicken with salted water. Cook until tender. Save the broth. When the chicken is cool, pull off onto bite-size pieces.

Add the salt to the flour. Cut the shortening into the flour. Add the water. Roll the dough thin. Cut into strips. Cut the strips into two- to three-inch pieces. Let the dumplings stand for 10 to 15 minutes.

Bring the broth to a boil. Drop the dumplings into the boiling broth. Add the black pepper.

Reduce the heat and cook until tender, 20 to 25 minutes.

Serve with the chicken.

Per Serving (excluding unknown items): 4101 Calories; 245g Fat (54.6% calories from fat); 268g Protein; 191g Carbohydrate; 7g Dietary Fiber; 742mg Cholesterol; 2903mg Sodium. Exchanges: 12 1/2 Grain(Starch); 35 Lean Meat; 27 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	4101	Vitamin B6 (mg):	6.2mg
% Calories from Fat:	54.6%	Vitamin B12 (mcg):	3.9mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	2.7mg
% Calories from Protein:	26.5%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	245g	Folacin (mcg):	431mcg
Saturated Fat (g):	65g	Niacin (mg):	130mg
Monounsaturated Fat (g):	105g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 59g
Cholesterol (mg): 742mg
Carbohydrate (g): 191g
Dietary Fiber (g): 7g
Protein (g): 268g
Sodium (mg): 2903mg
Potassium (mg): 2820mg
Calcium (mg): 203mg
Iron (mg): 20mg
Zinc (mg): 11mg
Vitamin C (mg): 12mg
Vitamin A (i.u.): 963IU
Vitamin A (r.e.): 278 1/2RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 12 1/2
Lean Meat: 35
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 27
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 4101 **Calories from Fat:** 2239

% Daily Values*

Total Fat 245g	377%
Saturated Fat 65g	325%
Cholesterol 742mg	247%
Sodium 2903mg	121%
Total Carbohydrates 191g	64%
Dietary Fiber 7g	27%
Protein 268g	
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Vitamin A	19%
Vitamin C	19%
Calcium	20%
Iron	113%

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