

Chicken & Dumplings



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10883

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH W/SEAS	10 Each	Combine 6 quarts of water and seasoning packet in a 3 gallon sauce pot. Bring to boil. Add 1 bag of frozen dumpling dough and stir. Cover partially with a lid and simmer for 1 hour. Add 2 1/2 lbs cooked, diced chicken. Simmer for 15-30 minutes more until dumplings are tender.	538451
CHIX CKD SHRD WHT IQF	2 Ounce		617760

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Shredded Chicken-

Put thawed chicken in a hotel pan and warm to 165 degrees before placing in the dumplings.

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories		294.87	
Fat		8.23g	
SaturatedFat		3.40g	
Trans Fat*		0.00g	
Cholesterol		52.00mg	
Sodium		1305.47mg	
Carbohydrates		31.67g	
Fiber		1.67g	
Sugar		1.67g	
Protein		23.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	18.99mg	Iron	2.24mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories		173.35	
Fat		4.84g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		30.57mg	
Sodium		767.48mg	
Carbohydrates		18.62g	
Fiber		0.98g	
Sugar		0.98g	
Protein		13.52g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	11.17mg	Iron	1.32mg

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