

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

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

Calories	173.35
Fat	4.84g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	30.57mg
Sodium	767.48mg
Carbohydrates	18.62g
Fiber	0.98g
Total Sugar	0.98g
Added Sugar	0.98g
Protein	13.52g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 11.17mg	Iron 1.32mg