

# Chicken & Dumplings



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DUMPLING DGH WSEAS	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

## Preparation Instructions

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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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

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

## Nutrition - Per 100g

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