

Southern Chicken and Dumplings

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-southern-chicken-and-dumplings-recipe>

Ingredients:

- 10 cups chicken stock or broth
- 1/2 teaspoon lemon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil leaves
- 2 bay leaves
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 3 cups chicken cooked shredded
- 2 cups all purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 3 tablespoons unsalted butter melted
- 3/4 cup buttermilk
- 1/4 cup buttermilk
- 2 tablespoons cornstarch

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 105 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 5 grams
8. Sodium: 1190 milligrams
9. Sugar: 10 grams

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