

cracker barrel nutrition chicken and dumplings

cracker barrel nutrition chicken and dumplings is a popular topic among diners seeking comfort food with a clear understanding of its nutritional content. This classic Southern dish is a staple on the Cracker Barrel menu, known for its hearty flavors and home-style appeal. Understanding the nutritional profile of Cracker Barrel's chicken and dumplings is essential for those who want to make informed dietary decisions while enjoying this traditional meal. This article explores the calorie count, macronutrient breakdown, vitamins, and minerals found in this dish. Additionally, it examines health considerations and offers tips for maintaining a balanced diet while indulging in comfort foods. The comprehensive analysis provides insight into how chicken and dumplings fit into various nutritional goals and lifestyles.

- Nutritional Overview of Cracker Barrel Chicken and Dumplings
- Calorie and Macronutrient Breakdown
- Vitamins and Minerals in the Dish
- Health Considerations and Dietary Impact
- Tips for Enjoying Chicken and Dumplings Healthily

Nutritional Overview of Cracker Barrel Chicken and Dumplings

Cracker Barrel's chicken and dumplings is a beloved menu item that combines tender chicken pieces with thick, soft dumplings in a flavorful broth. From a nutritional standpoint, this dish offers a good source of protein and carbohydrates, but it also contains fats and sodium that are important to consider. The recipe includes ingredients such as chicken, flour, milk, and seasonings, which contribute to its overall nutrient composition. Understanding the nutritional profile helps diners gauge portion sizes and integrate this meal into their dietary plans without compromising health goals.

Ingredients Influencing Nutrition

The primary ingredients in Cracker Barrel chicken and dumplings include cooked chicken, dumplings made from flour and milk, chicken broth, and seasoning blends. The chicken provides lean protein, essential for muscle repair and maintenance. The dumplings, being dough-based, contribute mainly carbohydrates and some fat depending on the preparation method. The broth typically contains sodium and small amounts of fat from the chicken and added ingredients. Each of these components plays a role in the overall nutritional makeup of the dish.

Calorie and Macronutrient Breakdown

Assessing the calorie and macronutrient content of Cracker Barrel chicken and dumplings is crucial for those tracking energy intake or managing macronutrient ratios. The dish generally contains a moderate calorie count suitable for a main meal, but exact values can vary based on portion size and preparation variations.

Calories

The average serving of Cracker Barrel chicken and dumplings contains approximately 400 to 450 calories. This calorie range supports a filling meal while fitting within daily calorie needs for many individuals. However, diners should be mindful of additional sides or beverages that can increase total caloric intake substantially.

Protein Content

Protein is a vital macronutrient present in chicken and dumplings, primarily sourced from the chicken itself. A typical serving delivers around 25 to 30 grams of protein, which contributes significantly to daily protein requirements. This amount supports muscle maintenance, immune function, and satiety.

Carbohydrates and Fats

The dumplings provide a substantial portion of the carbohydrates in the dish, generally accounting for 30 to 40 grams per serving. These carbs supply energy and help maintain blood sugar levels throughout the day. Fat content usually ranges from 10 to 15 grams, including saturated and unsaturated fats, depending on the cooking method and ingredients used.

Vitamins and Minerals in the Dish

Beyond macronutrients, Cracker Barrel chicken and dumplings offers a variety of vitamins and minerals that contribute to overall health. These micronutrients support bodily functions such as metabolism, bone health, and immune defense.

Key Vitamins

The dish contains B vitamins, primarily from the chicken and flour, including niacin, riboflavin, and vitamin B6. These vitamins play a crucial role in energy metabolism and red blood cell production. Additionally, small amounts of vitamin A and vitamin D may be present, depending on the ingredients used in the broth and dumpling preparation.

Essential Minerals

Important minerals found in chicken and dumplings include iron, phosphorus, and potassium. Iron supports oxygen transport in the blood, phosphorus is vital for bone health, and potassium aids in maintaining fluid balance and muscle function. Sodium content is also notable due to the broth and seasoning, which requires consideration for those managing salt intake.

Health Considerations and Dietary Impact

While Cracker Barrel chicken and dumplings is a nutritious comfort food option, there are health considerations to keep in mind. Understanding these factors helps individuals align their food choices with personal health goals and dietary restrictions.

Sodium Content

The sodium level in this dish can be relatively high, often exceeding 800 milligrams per serving. Excessive sodium intake is linked to increased blood pressure and cardiovascular risk, making it important for individuals with hypertension or heart conditions to moderate consumption or balance with low-sodium foods throughout the day.

Fat and Caloric Density

The fat content, especially if the recipe includes butter or cream in the dumplings or broth, can contribute to increased saturated fat intake. Monitoring fat consumption is important for maintaining heart health and managing weight. This dish is calorie-dense, so portion control is advised for those aiming to reduce overall caloric intake.

Allergen Information

Chicken and dumplings contain common allergens such as wheat (gluten) and dairy, derived from flour and milk used in the dumplings. Individuals with allergies or intolerances should exercise caution or seek alternative options.

Tips for Enjoying Chicken and Dumplings Healthily

Incorporating Cracker Barrel chicken and dumplings into a balanced diet is achievable with mindful choices and modifications. The following tips can help diners enjoy this comforting meal while maintaining nutritional balance.

- **Portion Control:** Opt for a smaller serving size to reduce calorie and sodium intake without sacrificing flavor.
- **Pair with Vegetables:** Add a side of steamed or fresh vegetables to increase fiber and

nutrient intake.

- **Limit High-Sodium Sides:** Avoid pairing the dish with additional salty items like fries or pickles.
- **Hydrate:** Drink water or low-calorie beverages to support digestion and hydration without added sugar.
- **Consider Frequency:** Enjoy chicken and dumplings as an occasional treat rather than a daily meal to balance overall diet quality.

Frequently Asked Questions

What are the nutritional facts of Cracker Barrel's Chicken and Dumplings?

Cracker Barrel's Chicken and Dumplings contains approximately 440 calories, 18 grams of fat, 35 grams of carbohydrates, and 30 grams of protein per serving.

Is Cracker Barrel's Chicken and Dumplings high in sodium?

Yes, Cracker Barrel's Chicken and Dumplings has about 1,500 milligrams of sodium per serving, which is considered high and should be consumed in moderation by those monitoring sodium intake.

How many calories are in a serving of Cracker Barrel Chicken and Dumplings?

A typical serving of Cracker Barrel Chicken and Dumplings has around 440 calories.

Does Cracker Barrel Chicken and Dumplings contain any allergens?

Yes, Cracker Barrel Chicken and Dumplings may contain allergens such as wheat (gluten), milk, and possibly eggs, so individuals with allergies should inquire further or avoid it.

Is Cracker Barrel's Chicken and Dumplings gluten-free?

No, Cracker Barrel's Chicken and Dumplings is not gluten-free as the dumplings contain wheat flour.

How much protein is in Cracker Barrel's Chicken and Dumplings?

Cracker Barrel's Chicken and Dumplings provides about 30 grams of protein per serving, making it a good source of protein.

Are Cracker Barrel's Chicken and Dumplings suitable for a low-carb diet?

Cracker Barrel's Chicken and Dumplings are relatively high in carbohydrates (around 35 grams per serving), so they may not be ideal for strict low-carb diets.

Can Cracker Barrel's Chicken and Dumplings fit into a balanced diet?

Yes, Cracker Barrel's Chicken and Dumplings can be part of a balanced diet when eaten in moderation and paired with vegetables or a salad to increase fiber and nutrients while managing calorie intake.

Additional Resources

1. *The Cracker Barrel Cookbook: Classic Southern Comfort Foods*

This cookbook offers an authentic taste of Southern cuisine, featuring recipes inspired by Cracker Barrel's iconic dishes. It includes a special section dedicated to chicken and dumplings, providing both traditional and lighter, nutrition-conscious variations. Perfect for those looking to recreate hearty comfort food at home without compromising on health.

2. *Healthy Southern Cooking: Nutritious Twists on Classic Recipes*

Focusing on making Southern favorites healthier, this book transforms indulgent recipes like chicken and dumplings into balanced meals. It offers nutritional information and tips for ingredient substitutions to reduce calories, fat, and sodium. Ideal for readers who want to enjoy comfort foods while maintaining a nutritious diet.

3. *Chicken and Dumplings: A Southern Tradition*

This comprehensive guide traces the history of chicken and dumplings and provides numerous recipes, including Cracker Barrel-inspired versions. It explores different dough types, cooking methods, and flavor profiles, alongside nutritional advice for a well-rounded meal. A great resource for both novice and experienced cooks.

4. *The Ultimate Guide to Cracker Barrel Favorites*

Delve into the secrets behind Cracker Barrel's most beloved dishes, including their famous chicken and dumplings. The book breaks down ingredients and cooking techniques, with a focus on creating authentic flavors at home. Nutrition facts are included to help readers make informed dining choices.

5. *Comfort Food Makeover: Lightened-Up Chicken and Dumplings*

This book reinvents classic comfort foods like chicken and dumplings with healthier ingredients and cooking methods. It emphasizes maintaining flavor while enhancing nutritional value, perfect for those watching their diet. Step-by-step recipes make it easy to prepare satisfying meals without guilt.

6. *Southern Soul Food Nutrition Handbook*

A detailed resource on the nutritional aspects of Southern soul food, this handbook covers popular dishes including chicken and dumplings. It provides calorie counts, macronutrient breakdowns, and

suggestions for healthier ingredient swaps. Readers learn how to balance tradition with wellness in their cooking.

7. *Country Cooking with Cracker Barrel: From Farm to Table*

Celebrate farm-fresh ingredients and country-style cooking with this collection of recipes inspired by Cracker Barrel's menu. The chicken and dumplings recipe highlights seasonal produce and lean protein options, with nutritional tips for a wholesome meal. It's perfect for home cooks who value quality and nutrition.

8. *The Art of Southern Dumplings*

Dedicated to the craft of making dumplings, this book explores various recipes including those served with chicken in Southern kitchens like Cracker Barrel's. It discusses dough textures, fillings, and cooking times, along with nutritional considerations. A must-have for anyone passionate about perfecting this staple dish.

9. *Balanced Bites: Enjoying Comfort Food with Nutrition in Mind*

This book encourages readers to savor their favorite comfort foods, such as chicken and dumplings, through mindful eating and balanced recipes. It offers guidance on portion control, ingredient selection, and meal planning to support overall health. Recipes inspired by Cracker Barrel classics make nutritious eating approachable and delicious.

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Snacks and Desserts Recipes · Restaurant favorite recipes · Sides and Salads Recipes · Poultry and Fish ...And Much More! Preparing and eating such recipes at home offers opportunities for the whole family to chat about their day. It is not only a fun thing to do, but it is also a perfect way to teach your kids good eating habits by involving them in food preparation (maybe by letting them read the recipe out loud or mixing the ingredients). So, get your kitchen ready, grab a copy of this book now and start cooking!

cracker barrel nutrition chicken and dumplings: Satan's Lambs Lynn Hightower, 2016-07-05 A fearless female private investigator in the South takes on a satanic cult that practices human sacrifice in this gripping Shamus Award-winning mystery. Seven years ago Lena Padget's life exploded when Jeff Hayes, her devil-worshipping brother-in-law, killed her sister and two-year-old nephew. The horrific double-murder hardened the once-gentle Kentucky native and compelled her to leave graduate school in order to help protect abused and endangered women from human monsters. Now Hayes and his sadistic partner in satanism, Archie Valetta, have been inexplicably released on parole. Lena's past has returned with a vengeance to haunt her—and to prey on yet another frightened mother and her helpless child. Approached by Valetta's desperate ex-wife, Eloise, Lena will do everything in her power to prevent history from repeating itself. Otherwise, Eloise's four-year-old son will be the next innocent victim. Before Laura Lippman's Tess Monaghan and Karin Slaughter's Sara Linton, there was Lena Padget. The winner of the Shamus Award for Best First Private Eye Novel, *Satan's Lambs* marked the acclaimed debut of author Lynn Hightower's tough-as-nails, sexy, and smart female sleuth on a fictional PI scene long dominated by male mystery writers and established Hightower as a force to be reckoned with in crime fiction. *Satan's Lambs* is the 1st book in the Lena Padget Mysteries, but you may enjoy reading the series in any order.

cracker barrel nutrition chicken and dumplings: America's Most Wanted Recipes Kids' Menu Ron Douglas, 2015-06-02 The author of the New York Times bestselling *America's Most Wanted Recipes* series reveals the secrets to winning over your kids' tummies with their favorite restaurant meals made in the comfort of your own kitchen! More than a million home chefs have devoured Ron Douglas's ingenious copycat recipes. From desserts to low-calorie and grilled meals, he's proven how simple and cost-effective it is to prepare mouthwatering restaurant dishes at home. In *America's Most Wanted Recipes Kids' Menu*, he shares the ingredients to more than 100 of the most frequently ordered dishes from the country's most popular children's menus: Buca di Beppo's Cheese Manicotti, PF Chang's Crispy Honey Chicken, Applebee's Kids' Mini Hamburger, Chili's Cinnamon Apples, Cosi's Mississippi Mud Pie, Friendly's Chicken Quesadillas, Panera Bread's Mac and Cheese, Uno Chicago Grill's Safari Nuggets, and much, much more. Face it, we all know the best way to make sure our kids are eating right is to prepare their food at home. Restaurant meals are traditionally high in calories, sodium, and fat. The dishes featured in *Kids' Menu* were selected and designed to be served as occasional treats and as a fun way to get the family together in the kitchen, comparing the copycat version against the original. By making these dishes at home, parents will have the opportunity to make them healthier by substituting different ingredients and cooking methods. That's what *Kids' Menu* provides. Also included is a section on children's nutrition and advice on how to balance the foods they love with ingredients that are good for them. Be the ultimate "sneaky chef." Prepare the meals your family loves, knowing you're giving them the nutrition they need. *America's Most Wanted Recipes Kids' Menu* will help you save money (no more drive-thru!) and calories, while you indulge in good food and quality time with the people you love around the dinner table.

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