

cracker barrel chicken and dumplings nutrition

cracker barrel chicken and dumplings nutrition is an important consideration for diners seeking both comfort and health in their meals. This classic Southern dish, beloved for its hearty flavors and satisfying textures, is a staple on the Cracker Barrel menu. Understanding the nutritional profile of Cracker Barrel's chicken and dumplings can help consumers make informed choices based on calorie content, macronutrients, vitamins, and minerals. This article explores the detailed nutrition facts, ingredient insights, and health implications associated with this popular dish. Additionally, it provides comparisons with similar menu items and tips for balancing indulgence with dietary goals. Whether you are managing calorie intake, monitoring sodium levels, or seeking protein-rich meals, this comprehensive guide covers all aspects of cracker barrel chicken and dumplings nutrition.

- Cracker Barrel Chicken and Dumplings: Overview and Ingredients
- Calorie Content and Macronutrients
- Sodium, Fat, and Cholesterol Levels
- Vitamins and Minerals in Cracker Barrel Chicken and Dumplings
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Cracker Barrel Chicken and Dumplings: Overview and

Ingredients

Cracker Barrel chicken and dumplings is a traditional Southern comfort food featuring tender chicken cooked in a savory broth with soft, pillowy dumplings. The dish is known for its rich flavor and homestyle appeal. The primary ingredients typically include cooked chicken breast, flour-based dumplings, chicken broth, seasonings, and sometimes vegetables like carrots and celery. The preparation involves simmering the chicken and dumplings together until the dumplings are fully cooked and the flavors meld. Understanding the ingredient composition is essential for evaluating the nutrition profile and potential allergens.

Key Ingredients

The main components of Cracker Barrel chicken and dumplings include:

- Chicken: Usually white meat chicken breast providing lean protein.
- Dumplings: Made from flour, baking powder, salt, and milk or water, forming soft dough pieces.
- Chicken Broth: Adds moisture and flavor; may contain sodium and fat depending on preparation.
- Seasonings: Salt, pepper, and herbs enhance taste.
- Vegetables: Occasionally carrots and celery contribute fiber and micronutrients.

Calorie Content and Macronutrients

Understanding the calorie content and macronutrient breakdown is crucial for managing energy intake and meeting dietary goals. Cracker Barrel chicken and dumplings nutrition reflects a balance of protein, carbohydrates, and fats that contribute to its filling nature.

Calories

A typical serving of Cracker Barrel chicken and dumplings contains approximately 500 to 600 calories. The calorie count varies depending on portion size and recipe specifics, but it generally represents a moderate to high-calorie meal, suitable for lunch or dinner.

Protein

Chicken is the primary source of protein in this dish, providing approximately 25 to 30 grams per serving. This protein content supports muscle maintenance and satiety, making it a valuable component of the meal.

Carbohydrates

The dumplings contribute the majority of the carbohydrates, with an estimated 40 to 50 grams per serving. These carbohydrates come mainly from refined flour, which provides energy but limited dietary fiber.

Fat

Fat content ranges from 15 to 20 grams per serving, including both saturated and unsaturated fats. Fat is necessary for flavor and texture but should be consumed in moderation.

Sodium, Fat, and Cholesterol Levels

Nutritional concerns such as sodium, cholesterol, and fat levels are important for individuals monitoring heart health or blood pressure. Cracker Barrel chicken and dumplings nutrition includes considerations for these elements.

Sodium Content

The dish contains approximately 900 to 1,200 milligrams of sodium per serving. This relatively high sodium content is common in restaurant-prepared comfort foods due to seasoning and broth use. High sodium intake can impact blood pressure and cardiovascular health.

Cholesterol

Cholesterol levels in the dish average around 70 to 90 milligrams, primarily from the chicken and any dairy ingredients used in the dumplings. Moderation is advised for those monitoring cholesterol intake.

Fat Breakdown

The fat content includes both saturated and unsaturated fats, with saturated fats comprising about 5 to 7 grams. Excess saturated fat may contribute to heart disease risk, so awareness of intake is important.

Vitamins and Minerals in Cracker Barrel Chicken and Dumplings

Beyond macronutrients, the dish provides essential vitamins and minerals that contribute to overall nutrition. While not a significant source of all micronutrients, chicken and dumplings offer several key nutrients.

Vitamin Content

Chicken supplies B vitamins such as niacin (B3) and vitamin B6, which support metabolism and energy production. Some vitamin A and C may be present if vegetables are included in the recipe.

Minerals

The dish contains minerals like phosphorus, selenium, and zinc from the chicken, which play roles in bone health, antioxidant defense, and immune support. Sodium and potassium levels vary with seasoning and broth used.

Health Considerations and Dietary Tips

Cracker Barrel chicken and dumplings nutrition presents both benefits and considerations for health-conscious diners. Understanding how to enjoy this dish within a balanced diet is important for maintaining wellness.

Balancing Caloric Intake

Given its moderate to high calorie and carbohydrate content, pairing chicken and dumplings with lighter sides such as steamed vegetables or a salad can help balance the meal.

Managing Sodium and Fat

Individuals sensitive to sodium or saturated fat may limit portion size or avoid additional salty sides. Drinking plenty of water and consuming potassium-rich foods may help offset sodium effects.

Incorporating Fiber

Since the dish is low in fiber, complementing it with high-fiber vegetables or whole grains during the meal supports digestive health and satiety.

Comparisons with Other Cracker Barrel Menu Items

Comparing chicken and dumplings to other Cracker Barrel offerings provides perspective on its nutritional standing and can guide menu choices.

Chicken and Dumplings vs. Meatloaf

Meatloaf tends to be higher in fat and calories due to added ingredients like ground beef and sauce, while chicken and dumplings offer leaner protein with moderate fat.

Chicken and Dumplings vs. Country Fried Steak

Country fried steak is generally more calorie-dense and higher in saturated fat because of breading and frying, making chicken and dumplings a relatively lighter option.

Chicken and Dumplings vs. Vegetable Sides

Vegetable sides such as green beans or mixed vegetables provide fewer calories and more fiber, making them ideal complements to the richer chicken and dumplings dish.

Frequently Asked Questions

How many calories are in Cracker Barrel's Chicken and Dumplings?

A typical serving of Cracker Barrel's Chicken and Dumplings contains approximately 570 calories.

What is the fat content in Cracker Barrel's Chicken and Dumplings?

Cracker Barrel's Chicken and Dumplings has about 24 grams of fat per serving.

How much protein does Cracker Barrel's Chicken and Dumplings provide?

Each serving of Cracker Barrel's Chicken and Dumplings offers around 35 grams of protein.

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

Yes, Cracker Barrel's Chicken and Dumplings contains roughly 1,250 milligrams of sodium per serving, which is considered high.

Does Cracker Barrel's Chicken and Dumplings contain any allergens?

Yes, it typically contains allergens such as wheat (gluten), dairy, and possibly eggs, due to the dumplings and broth ingredients.

What are the carbohydrate levels in Cracker Barrel's Chicken and Dumplings?

A serving of Cracker Barrel's Chicken and Dumplings contains about 43 grams of carbohydrates.

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

Due to its carbohydrate content of around 43 grams per serving, Cracker Barrel's Chicken and Dumplings may not be ideal for a strict low-carb diet.

Does Cracker Barrel provide nutrition information for their Chicken and Dumplings online?

Yes, Cracker Barrel provides detailed nutrition information for their menu items, including Chicken and Dumplings, on their official website.

Additional Resources

1. *The Nutritional Breakdown of Cracker Barrel Chicken and Dumplings*

This book offers a detailed analysis of the nutritional content found in Cracker Barrel's famous chicken and dumplings dish. It explores calorie counts, macronutrients, vitamins, and minerals, helping readers understand what they consume. Additionally, it provides comparisons with other popular comfort foods to give context to its nutritional value.

2. *Healthy Comfort Foods: Cracker Barrel Chicken and Dumplings Edition*

Focusing on healthier eating habits, this book examines how Cracker Barrel's chicken and dumplings can fit into a balanced diet. It includes tips on portion control, ingredient substitutions, and meal planning. The author also shares recipes inspired by the original dish but with reduced calories and fat.

3. *Cracker Barrel Classics and Their Nutritional Impact*

This guide covers several beloved dishes from Cracker Barrel, with a special focus on chicken and dumplings. It discusses the nutritional strengths and weaknesses of each dish, offering insights into how they affect overall health. Readers will find advice on making smarter dining choices when visiting the restaurant.

4. *From Plate to Health: Understanding Cracker Barrel Chicken and Dumplings Nutrition*

This book breaks down the nutritional components of Cracker Barrel's chicken and dumplings and explains how they interact with your body. It highlights the balance of protein, carbohydrates, and fats, and examines sodium and sugar levels. The author aims to educate readers on mindful eating through practical nutritional knowledge.

5. *Comfort Food Nutrition: A Closer Look at Chicken and Dumplings*

Comfort foods like chicken and dumplings are often indulgent, but this book takes a closer look at their nutritional profile. It discusses how Cracker Barrel's version compares to homemade and other restaurant versions. The book also offers suggestions for making the dish more nutritious without sacrificing flavor.

6. *The Science of Southern Cooking: Cracker Barrel's Chicken and Dumplings*

Delving into the science behind this Southern comfort dish, this book explains the nutritional elements and cooking techniques of Cracker Barrel's chicken and dumplings. It explores how ingredients contribute to health benefits or drawbacks. Readers will gain a deeper appreciation of the dish's nutritional complexity.

7. Dining Out Smart: Navigating Cracker Barrel's Menu with Nutrition in Mind

This practical guide helps readers make informed nutritional choices when dining at Cracker Barrel, with a focus on chicken and dumplings. It provides calorie counts, ingredient breakdowns, and healthier alternatives on the menu. The book is perfect for those who want to enjoy their meal without compromising their health goals.

8. Guilt-Free Southern Favorites: Modifying Cracker Barrel Chicken and Dumplings

Offering creative ways to enjoy classic Southern dishes guilt-free, this book includes recipes and nutritional information for modified versions of Cracker Barrel's chicken and dumplings. It emphasizes lowering calories, fat, and sodium while maintaining authentic taste. The author provides meal prep tips and ingredient swaps for healthier cooking.

9. Nutrition Essentials for Comfort Food Lovers: Spotlight on Chicken and Dumplings

This book targets comfort food enthusiasts interested in understanding the nutritional aspects of their favorite dishes. It presents Cracker Barrel's chicken and dumplings as a case study, dissecting its nutritional makeup. Readers will learn how to balance indulgence with nutritional awareness in everyday eating.

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