



## Biscuit Dumplings and Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



676 kcal

### Ingredients

- ☐ 11 ounce biscuits refrigerated canned
- ☐ 3 pounds chicken breast halves bone-in
- ☐ 1 tablespoon creole seasoning
- ☐ 6 cups water

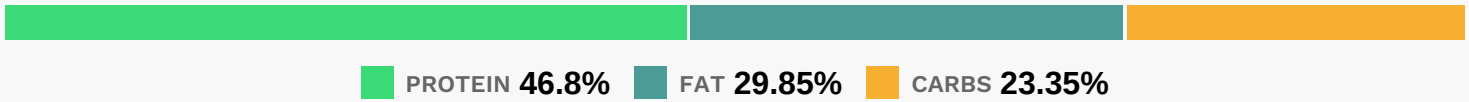
### Equipment

- ☐ dutch oven

### Directions

- ☐ Bring first 3 ingredients to a boil in a Dutch oven; cover, reduce heat, and simmer 30 to 35 minutes or until chicken is tender.
- ☐ Remove chicken, reserving broth in Dutch oven; let chicken cool. Bone and cut chicken into bite-size pieces.
- ☐ Place biscuits on a floured surface; roll or pat to 1/8-inch thickness.
- ☐ Cut biscuits into thirds.
- ☐ Bring broth to a boil. Drop biscuits, 1 at a time, into boiling broth; add chicken. Cook, stirring occasionally, 10 minutes.
- ☐ Quick Tip: Substitute 6 cups reduced-sodium chicken broth for water; use 3 cups chopped cooked chicken.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:24.04, Inflammation Score:-7, Nutrition Score:32.179130388343%

## Nutrients (% of daily need)

Calories: 676.35kcal (33.82%), Fat: 21.89g (33.68%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 37.17g (13.51%), Sugar: 2.84g (3.16%), Cholesterol: 218.5mg (72.83%), Sodium: 1147.14mg (49.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.21g (154.41%), Vitamin B3: 38.2mg (191.02%), Selenium: 123.63µg (176.61%), Vitamin B6: 2.62mg (130.77%), Phosphorus: 1053.3mg (105.33%), Vitamin B5: 5.08mg (50.82%), Potassium: 1458.53mg (41.67%), Vitamin B1: 0.55mg (36.98%), Vitamin B2: 0.58mg (34.08%), Magnesium: 107.15mg (26.79%), Iron: 3.93mg (21.83%), Manganese: 0.38mg (19.08%), Folate: 69.51µg (17.38%), Zinc: 2.41mg (16.09%), Vitamin E: 2.05mg (13.66%), Vitamin B12: 0.79µg (13.16%), Vitamin A: 623.74IU (12.47%), Copper: 0.22mg (10.9%), Calcium: 67.71mg (6.77%), Vitamin C: 5.04mg (6.11%), Fiber: 1.35g (5.41%), Vitamin K: 4.88µg (4.65%), Vitamin D: 0.34µg (2.27%)