



Chicken and Black Pepper Dumplings

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups milk
- 0.8 cup peas green frozen
- 0.8 cup carrots diced frozen sliced
- 5 ounces roasted chicken cooked
- 10.8 ounces cream of mushroom soup canned
- 0.3 cup milk
- 0.5 teaspoon pepper
- 1 serving parsley fresh chopped

1 cup frangelico

Equipment

sauce pan

Directions

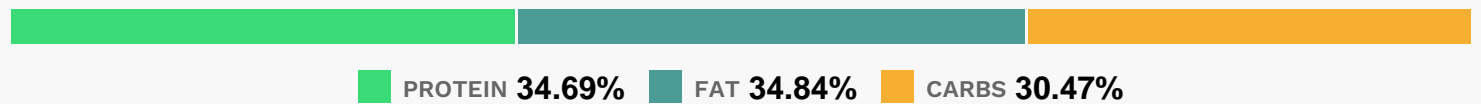
Heat 1 1/2 cups milk, the peas, carrots, chicken and soup to boiling in 3-quart saucepan.

Stir Bisquick mix, 1/3 cup milk and the pepper until soft dough forms. Drop dough by 8 spoonfuls onto chicken mixture.

Cook uncovered over low heat 10 minutes. Cover and cook 10 minutes longer.

Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:57.79, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:16.921304329582%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 205.6kcal (10.28%), Fat: 7.94g (12.21%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 13.15g (4.78%), Sugar: 8.07g (8.96%), Cholesterol: 43.81mg (14.6%), Sodium: 627.79mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.58%), Vitamin A: 4498.73IU (89.97%), Vitamin K: 27.06µg (25.77%), Phosphorus: 241.82mg (24.18%), Vitamin B3: 4.42mg (22.08%), Manganese: 0.42mg (20.92%), Vitamin B2: 0.3mg (17.85%), Vitamin C: 13.62mg (16.51%), Selenium: 11.37µg (16.24%), Vitamin B6: 0.32mg (16.23%), Calcium: 162.06mg (16.21%), Zinc: 2.24mg (14.96%), Potassium: 496.9mg (14.2%), Vitamin B12: 0.83µg (13.81%), Vitamin B1: 0.19mg (12.61%), Copper: 0.24mg (11.86%), Vitamin B5: 1.01mg (10.08%), Fiber: 2.47g (9.88%), Magnesium: 38.97mg (9.74%), Iron: 1.52mg (8.44%), Vitamin D: 1.23µg (8.2%), Folate: 30.9µg (7.72%), Vitamin E: 0.26mg (1.73%)