



Chicken and Dumplin Soup

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz biscuits refrigerated quartered
- ☐ 4 cups chicken broth
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 30 oz vegetables mixed canned
- ☐ 6 servings optional: pepper to taste
- ☐ 4 chicken breasts shredded boneless skinless cooked

Equipment

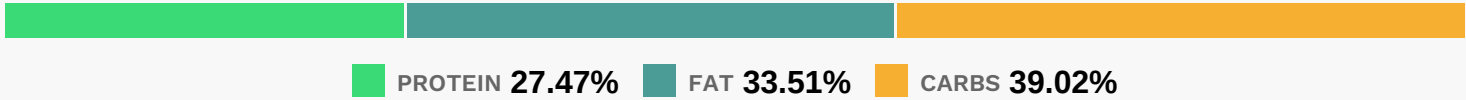
- ☐ whisk

pot

Directions

- Combine soup and broth in a 6-quart stockpot; bring to a boil over medium-high heat, whisking until smooth. Stir in chicken and vegetables; bring to a boil.
- Drop biscuit quarters into soup; cover and simmer 15 minutes.
- Let soup sit 10 minutes before serving.
- Sprinkle each serving with pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:30.29, Inflammation Score:-10, Nutrition Score:31.466956470324%

Nutrients (% of daily need)

Calories: 609.28kcal (30.46%), Fat: 22.76g (35.01%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 59.64g (19.88%), Net Carbohydrates: 53.21g (19.35%), Sugar: 13.2g (14.66%), Cholesterol: 103.62mg (34.54%), Sodium: 1379.36mg (59.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.97g (83.95%), Vitamin A: 7388.03IU (147.76%), Vitamin B3: 19.89mg (99.46%), Selenium: 53.89µg (76.99%), Vitamin B6: 1.31mg (65.26%), Phosphorus: 459.62mg (45.96%), Manganese: 0.73mg (36.52%), Vitamin B1: 0.51mg (33.94%), Vitamin B2: 0.57mg (33.25%), Potassium: 962.28mg (27.49%), Vitamin B5: 2.66mg (26.62%), Fiber: 6.43g (25.73%), Iron: 4.25mg (23.62%), Folate: 94.09µg (23.52%), Magnesium: 84.9mg (21.23%), Vitamin C: 16.6mg (20.12%), Copper: 0.31mg (15.67%), Zinc: 2.05mg (13.65%), Vitamin E: 2.01mg (13.38%), Vitamin K: 8.78µg (8.37%), Calcium: 64.16mg (6.42%), Vitamin B12: 0.33µg (5.54%)