



## Chicken and Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tube grands flaky refrigerator biscuits refrigerated
- ☐ 0.3 teaspoon pepper black
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 10 ounce savory vegetable mixed frozen
- ☐ 0.3 teaspoon kosher salt
- ☐ 3.5 pound rotisserie chicken cut shredded

## Equipment

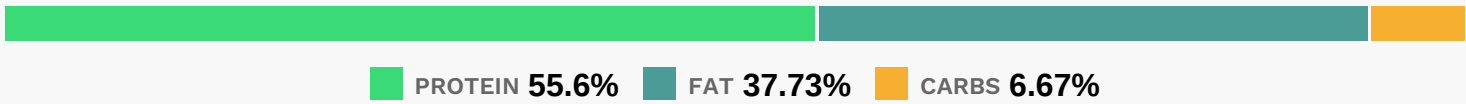
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 400 F.
- ☐ Combine the chicken, vegetables, soup, salt, pepper, and 3/4 cup water in a large bowl.
- ☐ Transfer the mixture to an oven-safe casserole, cover with foil, and bake for 30 minutes. After 15 minutes, place the biscuits on a baking sheet and bake until the biscuits are golden brown and cooked through, about 15 minutes.
- ☐ Remove both the casserole and the biscuits from the oven. Uncover the casserole, place the biscuits on top, and serve.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:2.09, Inflammation Score:-8, Nutrition Score:5.7608696156708%

## Nutrients (% of daily need)

Calories: 549.14kcal (27.46%), Fat: 23.13g (35.58%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.19g (2.61%), Sugar: 0.08g (0.09%), Cholesterol: 256.55mg (85.52%), Sodium: 1397.98mg (60.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 76.69g (153.38%), Vitamin A: 2399.91IU (48%), Manganese: 0.28mg (13.96%), Fiber: 2.01g (8.06%), Copper: 0.15mg (7.34%), Vitamin C: 4.91mg (5.96%), Vitamin B3: 1.06mg (5.28%), Zinc: 0.77mg (5.16%), Potassium: 165.44mg (4.73%), Vitamin B1: 0.07mg (4.57%), Iron: 0.82mg (4.55%), Folate: 17.41µg (4.35%), Phosphorus: 42.85mg (4.28%), Vitamin B2: 0.07mg (4.19%), Magnesium: 15.06mg (3.77%), Vitamin B6: 0.07mg (3.3%), Vitamin B5: 0.18mg (1.75%), Calcium: 14.29mg (1.43%), Vitamin B12: 0.08µg (1.35%)