



Chicken and Dumplings III



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce biscuit dough refrigerated
- ☐ 6 chicken thighs boneless
- ☐ 21.5 ounce campbell's® condensed cream of celery soup canned
- ☐ 6 servings salt and pepper to taste

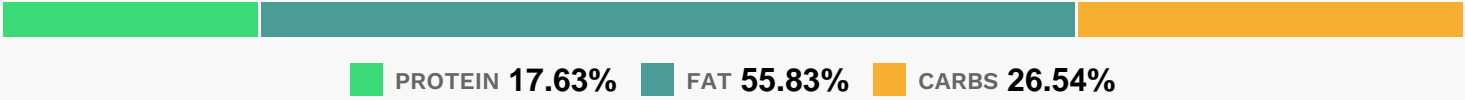
Equipment

- ☐ pot

Directions

- ☐ In a large pot over high heat, combine the chicken with enough water to cover, and boil for 15 to 20 minutes.
- ☐ Drain some of the water from the pot, reserving 3 cups in the pot.
- ☐ Remove chicken and allow it to cool, then pull it apart into bite size pieces; return to pot.
- ☐ Reduce heat to medium, and add the cans of condensed soup. Season with salt and pepper. Pull the biscuit dough into pieces, and add to the soup. Simmer over medium heat for 7 to 8 minutes, or until the dough is cooked through.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:17.4, Inflammation Score:-4, Nutrition Score:16.796956518422%

Nutrients (% of daily need)

Calories: 527.56kcal (26.38%), Fat: 32.66g (50.24%), Saturated Fat: 7.61g (47.56%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 33.58g (12.21%), Sugar: 3.34g (3.72%), Cholesterol: 122.48mg (40.83%), Sodium: 1339.09mg (58.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.41%), Selenium: 33.62µg (48.03%), Phosphorus: 452.82mg (45.28%), Vitamin B3: 7.42mg (37.09%), Vitamin B1: 0.35mg (23.27%), Vitamin B5: 2.25mg (22.53%), Manganese: 0.44mg (22.2%), Vitamin B6: 0.42mg (21.22%), Vitamin K: 22.17µg (21.11%), Vitamin B2: 0.35mg (20.84%), Iron: 3.14mg (17.43%), Vitamin E: 2.4mg (15.99%), Vitamin B12: 0.84µg (14.05%), Potassium: 458.25mg (13.09%), Zinc: 1.81mg (12.05%), Folate: 45.11µg (11.28%), Copper: 0.22mg (10.98%), Magnesium: 36.19mg (9.05%), Vitamin A: 375.75IU (7.51%), Calcium: 69.45mg (6.94%), Fiber: 1.35g (5.39%)