



WHATSheATE



Chicken and Dumplings with Vegetables

READY IN



60 min.

SERVINGS



5

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.2 oz biscuits refrigerated canned (5 biscuits)
- ☐ 1 cup celery chopped
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 lb savory vegetable mixed frozen
- ☐ 3 cloves garlic finely chopped
- ☐ 1 cup milk

- ☐ 1.5 cups onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt
- ☐ 1.3 lb chicken thighs boneless skinless quartered

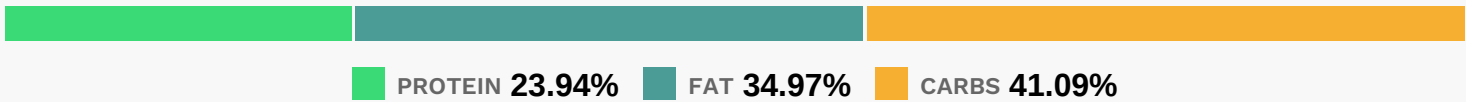
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven or saucepan, melt butter over medium-high heat.
- ☐ Add chicken, onions, celery and garlic; cook 7 to 12 minutes, stirring occasionally, until chicken is no longer pink.
- ☐ Add frozen mixed vegetables, broth, parsley, poultry seasoning, salt and pepper; mix well.
- ☐ Heat to boiling, stirring frequently. In small bowl, mix milk and flour until smooth.
- ☐ Add to chicken mixture; cook and stir until mixture boils and thickens. Reduce heat to low.
- ☐ Separate dough into 5 biscuits.
- ☐ Cut each biscuit into quarters. Arrange biscuit pieces evenly on top of chicken mixture; sprinkle with paprika. Cover tightly; cook 30 to 35 minutes or until biscuits are fluffy and no longer doughy.

Nutrition Facts



Properties

Glycemic Index:71.8, Glycemic Load:28.35, Inflammation Score:-10, Nutrition Score:30.737391264542%

Flavonoids

Apigenin: 54.62mg, Apigenin: 54.62mg, Apigenin: 54.62mg, Apigenin: 54.62mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg, Isorhamnetin: 6.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 539.41kcal (26.97%), Fat: 21.22g (32.64%), Saturated Fat: 4.63g (28.94%), Carbohydrates: 56.1g (18.7%), Net Carbohydrates: 49.83g (18.12%), Sugar: 7.18g (7.98%), Cholesterol: 115.81mg (38.6%), Sodium: 1321.66mg (57.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.35%), Vitamin A: 5141.29IU (102.83%), Phosphorus: 605.51mg (60.55%), Selenium: 41.74µg (59.63%), Vitamin B3: 10.42mg (52.09%), Manganese: 0.85mg (42.5%), Vitamin B1: 0.6mg (40.3%), Vitamin B2: 0.66mg (39.08%), Vitamin B6: 0.77mg (38.43%), Vitamin K: 32µg (30.47%), Folate: 105.92µg (26.48%), Iron: 4.76mg (26.46%), Fiber: 6.27g (25.07%), Potassium: 870.98mg (24.89%), Vitamin B5: 2.05mg (20.53%), Magnesium: 80.24mg (20.06%), Zinc: 2.94mg (19.62%), Vitamin C: 15.74mg (19.07%), Vitamin B12: 1.09µg (18.2%), Calcium: 169mg (16.9%), Copper: 0.27mg (13.44%), Vitamin E: 1.44mg (9.61%), Vitamin D: 0.54µg (3.58%)