



Chicken and Potato Dumplings

READY IN



45 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups biscuit mix
- ☐ 10.8 ounce cream of chicken soup undiluted canned
- ☐ 2 tablespoons onion dried minced
- ☐ 0.7 cup milk
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup potato flakes instant
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 8 cups water

☐ 4 pound meat from a rotisserie chicken whole

Equipment

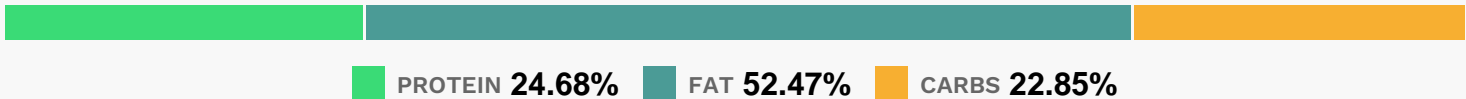
☐ whisk

☐ dutch oven

Directions

- ☐ Bring first 5 ingredients to a boil in a Dutch oven; cover, reduce heat, and simmer 45 minutes or until chicken is tender.
- ☐ Remove chicken, reserving broth in Dutch oven. Cool chicken and broth.
- ☐ Skim fat from broth. Skin, bone, and cut chicken into bite-size pieces; set aside.
- ☐ Whisk soup and minced onion into broth; bring to a boil.
- ☐ Stir together biscuit mix, potato flakes, and milk. Turn dough out onto a heavily floured surface; roll or pat dough to 1/4-inch thickness.
- ☐ Cut into 1/2-inch strips. Pinch off 1/2-inch pieces, and drop, 1 at a time, into boiling broth; add chicken. Cover, reduce heat, and simmer, stirring occasionally, 15 minutes.
- ☐ Quick Tip: Substitute 8 cups chicken broth for water; reduce salt to 1/4 teaspoon. Proceed with recipe using 3 to 4 cups chopped cooked chicken.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:2.06, Inflammation Score:-5, Nutrition Score:17.287391434545%

Nutrients (% of daily need)

Calories: 527.71kcal (26.39%), Fat: 30.35g (46.69%), Saturated Fat: 8.84g (55.24%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 28.53g (10.37%), Sugar: 5.88g (6.53%), Cholesterol: 116.78mg (38.93%), Sodium: 1260.33mg (54.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Vitamin B3: 11.81mg (59.04%), Phosphorus: 445.83mg (44.58%), Selenium: 25.43µg (36.32%), Vitamin B6: 0.62mg (30.91%), Vitamin B1: 0.34mg (22.7%), Vitamin B2: 0.37mg (22.02%), Vitamin B5: 1.91mg (19.13%), Iron: 2.95mg (16.39%), Zinc: 2.46mg (16.37%), Potassium: 475.33mg (13.58%), Folate: 53µg (13.25%), Calcium: 130.81mg (13.08%), Magnesium: 51.08mg (12.77%), Copper: 0.25mg (12.61%), Manganese: 0.24mg (12.12%), Vitamin B12: 0.71µg (11.89%), Vitamin K: 10.95µg (10.43%),

Vitamin C: 7.82mg (9.48%), Vitamin A: 355.24IU (7.1%), Vitamin E: 0.77mg (5.16%), Fiber: 1.19g (4.76%), Vitamin D: 0.59µg (3.92%)