



Chicken Chili with Cornbread Dumplings

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups roasted chicken cubed cooked
- ☐ 1.5 cups water
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 15 oz navy beans rinsed drained canned
- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 4 oz chilis green chopped canned
- ☐ 1 teaspoon ground cumin
- ☐ 0.7 cup cornmeal yellow

- ☐ 0.7 cup milk
- ☐ 1 teaspoon chili powder
- ☐ 1.3 cups frangelico

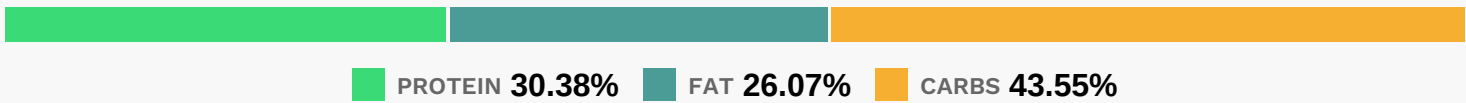
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ In 5-quart nonstick Dutch oven, heat chili ingredients over medium-high heat, stirring occasionally, until bubbly.
- ☐ Meanwhile, in medium bowl, stir dumpling ingredients until soft dough forms.
- ☐ Drop dough by 6 rounded spoonfuls onto simmering chili. Reduce heat to medium-low; cover and cook 13 to 15 minutes or until dumplings are dry.

Nutrition Facts



Properties

Glycemic Index:25.75, Glycemic Load:9.74, Inflammation Score:-6, Nutrition Score:16.210000172905%

Nutrients (% of daily need)

Calories: 371.43kcal (18.57%), Fat: 10.7g (16.46%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 34.48g (12.54%), Sugar: 2.08g (2.32%), Cholesterol: 59.82mg (19.94%), Sodium: 906.32mg (39.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.06g (56.11%), Vitamin B3: 7.1mg (35.52%), Selenium: 24.01µg (34.3%), Phosphorus: 338.3mg (33.83%), Vitamin B6: 0.51mg (25.59%), Manganese: 0.47mg (23.62%), Fiber: 5.75g (22.99%), Iron: 3.87mg (21.5%), Magnesium: 80.98mg (20.25%), Folate: 79.87µg (19.97%), Zinc: 2.61mg (17.43%), Potassium: 580.97mg (16.6%), Copper: 0.33mg (16.36%), Vitamin B1: 0.23mg (15.38%), Vitamin B2: 0.24mg (13.93%), Vitamin B5: 1.12mg (11.25%), Calcium: 97.05mg (9.7%), Vitamin C: 7.92mg (9.6%), Vitamin E: 1.04mg (6.96%), Vitamin A: 291.94IU (5.84%), Vitamin B12: 0.35µg (5.82%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.3µg (1.99%)