



Chicken Chili with Cornbread Dumplings

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz navy beans rinsed drained canned
- ☐ 4.5 oz chilis green chopped canned
- ☐ 1 teaspoon chili powder
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 3 cups roasted chicken cubed cooked
- ☐ 1 teaspoon ground cumin
- ☐ 0.7 cup milk
- ☐ 1.5 cups water

- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 0.7 cup cornmeal yellow
- ☐ 1.3 cups frangelico
- ☐ 1.3 cups frangelico

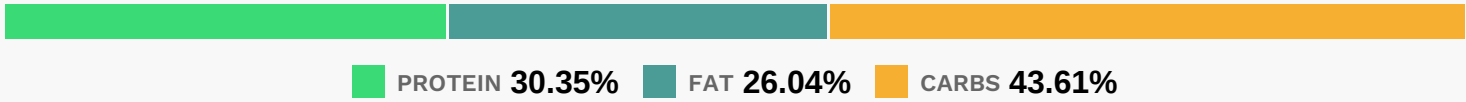
Equipment

- ☐ 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:16.307391570962%

Nutrients (% of daily need)

Calories: 371.92kcal (18.6%), Fat: 10.71g (16.47%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 34.55g (12.56%), Sugar: 2.08g (2.32%), Cholesterol: 59.82mg (19.94%), Sodium: 915.7mg (39.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.14%), Vitamin B3: 7.12mg (35.59%), Selenium: 24.02µg (34.31%), Phosphorus: 338.56mg (33.86%), Vitamin B6: 0.51mg (25.74%), Manganese: 0.47mg (23.62%), Fiber: 5.79g (23.15%), Iron: 3.9mg (21.67%), Folate: 81.14µg (20.29%), Magnesium: 81.07mg (20.27%), Zinc: 2.62mg (17.45%), Potassium: 583.63mg (16.68%), Copper: 0.33mg (16.36%), Vitamin B1: 0.23mg (15.4%), Vitamin B2: 0.24mg (13.97%), Vitamin B5: 1.13mg (11.27%), Vitamin C: 8.73mg (10.58%), Calcium: 97.9mg (9.79%), Vitamin E: 1.04mg (6.96%), Vitamin A: 294.92IU (5.9%), Vitamin B12: 0.35µg (5.82%), Vitamin K: 4.62µg (4.4%), Vitamin D: 0.3µg (1.99%)