



## Chicken 'n' Sage Dumplings

READY IN



60 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.3 cups baking mix all-purpose reduced-fat
- 1.3 cups buttermilk
- 1.5 pounds skinned and boned chicken breasts cut into bite-size pieces
- 43.5 oz chicken broth low-sodium canned
- 1.5 teaspoons sage fresh chopped
- 1.5 teaspoons thyme leaves fresh chopped
- 16 oz vegetables mixed frozen
- 0.5 medium onion chopped
- 0.3 teaspoon pepper

- 0.5 teaspoon pepper
- 0.5 teaspoon poultry seasoning
- 0.3 teaspoon salt
- 1 teaspoon salt
- 3 cups water

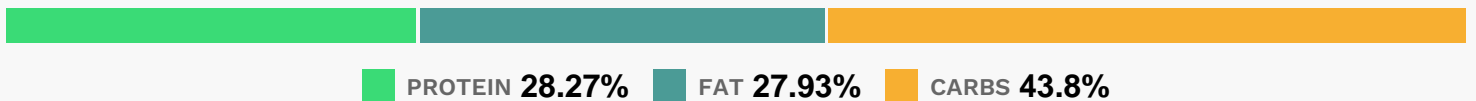
## Equipment

- dutch oven

## Directions

- Bring first 8 ingredients to a boil in a large Dutch oven over medium-high heat; reduce heat to medium-low, and simmer, stirring occasionally, 20 minutes or until chicken is done.
- Add mixed vegetables, and bring to a boil over medium-high heat.
- Stir together baking mix and next 4 ingredients until blended. Drop dough by rounded teaspoonfuls into slowly boiling mixture in Dutch oven. (Don't let dumplings touch.) Reduce heat to medium-low; cook, uncovered, 10 minutes, stirring occasionally to prevent dumplings from sticking. Cover and cook 10 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:25.428260906883%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

## Nutrients (% of daily need)

Calories: 401.24kcal (20.06%), Fat: 12.49g (19.22%), Saturated Fat: 3.58g (22.36%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 40.51g (14.73%), Sugar: 8.27g (9.19%), Cholesterol: 59.83mg (19.94%), Sodium: 1219.74mg (53.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.45g (56.91%), Vitamin B3: 14.02mg

(70.1%), Copper: 1.4mg (70.04%), Vitamin A: 2994.96IU (59.9%), Phosphorus: 587.84mg (58.78%), Selenium: 32.73µg (46.75%), Vitamin B6: 0.77mg (38.55%), Vitamin B1: 0.43mg (28.99%), Vitamin B2: 0.47mg (27.73%), Folate: 86.02µg (21.51%), Potassium: 720.29mg (20.58%), Manganese: 0.41mg (20.44%), Vitamin B5: 1.91mg (19.11%), Calcium: 170.61mg (17.06%), Iron: 2.76mg (15.34%), Magnesium: 57.18mg (14.3%), Fiber: 3.58g (14.3%), Vitamin B12: 0.7µg (11.72%), Vitamin C: 8.19mg (9.93%), Zinc: 1.4mg (9.31%), Vitamin K: 4.88µg (4.65%), Vitamin D: 0.61µg (4.03%), Vitamin E: 0.26mg (1.73%)