



WHATSheATE



Chicken Soup and Easy Dumplings



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounces biscuits refrigerated canned
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 8 servings parsley fresh chopped
- ☐ 57 oz chicken broth traditional canned

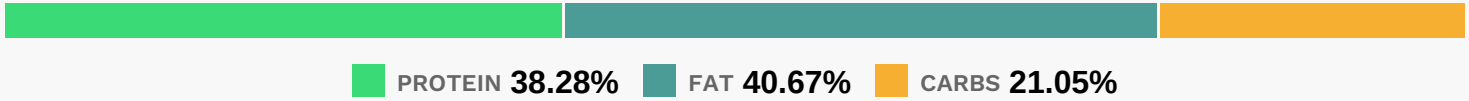
Equipment

- ☐ bowl
- ☐ ladle
- ☐ dutch oven

Directions

- ☐ Heat soup and broth to boiling in 4-quart Dutch oven. Meanwhile, separate dough into 8 biscuits; cut each into fourths.
- ☐ Drop biscuit pieces into boiling soup. Cook uncovered 10 minutes. (Soup must be at a medium boil.)
- ☐ Cover and cook 10 minutes longer or until dumplings are light and fluffy.
- ☐ To serve, carefully remove dumplings from soup. Ladle soup into individual bowls. Top each with dumplings.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:17.76, Inflammation Score:-7, Nutrition Score:21.38913085668%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 589.04kcal (29.45%), Fat: 26.03g (40.05%), Saturated Fat: 5.99g (37.47%), Carbohydrates: 30.31g (10.1%), Net Carbohydrates: 29.43g (10.7%), Sugar: 2.27g (2.52%), Cholesterol: 102.6mg (34.2%), Sodium: 1710.67mg (74.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.13g (110.27%), Vitamin K: 72.61µg (69.16%), Selenium: 48.24µg (68.91%), Phosphorus: 561.8mg (56.18%), Zinc: 5.41mg (36.04%), Vitamin B12: 2.11µg (35.18%), Vitamin B3: 6.95mg (34.74%), Iron: 4.82mg (26.76%), Vitamin B2: 0.4mg (23.82%), Vitamin B6: 0.41mg (20.73%), Vitamin B1: 0.26mg (17.39%), Vitamin A: 696.67IU (13.93%), Potassium: 469.85mg (13.42%), Manganese: 0.26mg (12.82%), Magnesium: 50.71mg (12.68%), Folate: 50.55µg (12.64%), Vitamin E: 1.46mg (9.73%), Copper: 0.16mg (8.13%), Vitamin C: 5.32mg (6.45%), Calcium: 64.16mg (6.42%), Fiber: 0.88g (3.53%), Vitamin B5: 0.19mg (1.94%), Vitamin D: 0.2µg (1.35%)