



Chicken Soup and Easy Dumplings

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.3 ounces biscuits refrigerated pillsbury® canned
- ☐ 1.8 cups chicken broth progresso® (from 32-oz carton)
- ☐ 57 oz chicken broth traditional progresso® canned

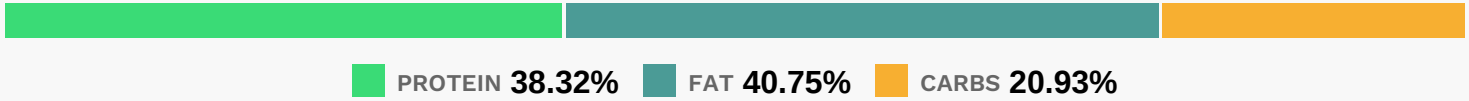
Equipment

- ☐ 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:8.13, Glycemic Load:17.72, Inflammation Score:-5, Nutrition Score:17.771739145984%

Nutrients (% of daily need)

Calories: 587.6kcal (29.38%), Fat: 26g (40%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 29.31g (10.66%), Sugar: 2.23g (2.48%), Cholesterol: 102.6mg (34.2%), Sodium: 1708.43mg (74.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.01g (110.03%), Selenium: 48.23µg (68.9%), Phosphorus: 559.48mg (55.95%), Zinc: 5.36mg (35.75%), Vitamin B12: 2.11µg (35.18%), Vitamin B3: 6.9mg (34.48%), Iron: 4.57mg (25.38%), Vitamin B2: 0.4mg (23.59%), Vitamin B6: 0.41mg (20.55%), Vitamin B1: 0.26mg (17.16%), Potassium: 447.69mg (12.79%), Manganese: 0.25mg (12.5%), Magnesium: 48.71mg (12.18%), Folate: 44.47µg (11.12%), Vitamin E: 1.43mg (9.53%), Copper: 0.16mg (7.83%), Vitamin A: 359.71IU (7.19%), Vitamin K: 7.01µg (6.68%), Calcium: 58.64mg (5.86%), Fiber: 0.75g (3%), Vitamin B5: 0.18mg (1.78%), Vitamin D: 0.2µg (1.35%)