



Chili Chicken with Cornmeal Dumplings

READY IN



40 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups roasted chicken cooked
- 15 oz tomato sauce canned
- 30 oz chili beans sauce undrained canned
- 7 oz corn whole undrained canned
- 1.5 cups baking mix bisquick heart smart®
- 0.5 cup cornmeal
- 0.7 cup milk
- 2 oz cheddar cheese shredded

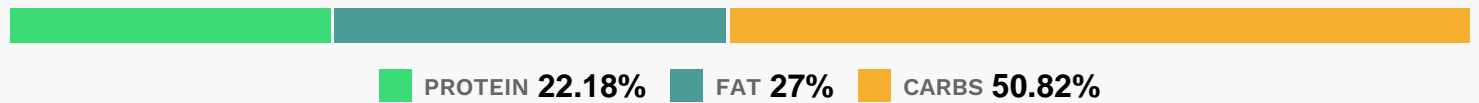
Equipment

- bowl
- dutch oven

Directions

- In 4-quart Dutch oven, mix chicken and tomato sauce.
- Heat to boiling; reduce heat. Cover; simmer 5 minutes, stirring occasionally. Stir in beans and corn.
- Heat to boiling; reduce heat to low.
- In medium bowl, mix Bisquick mix, cornmeal and milk until soft dough forms. Drop dough by 12 spoonfuls onto hot chili (do not drop directly into liquid). Cook uncovered over low heat 10 minutes. Cover; cook 10 minutes longer.
- Sprinkle with cheese. Cover; cook about 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:7.52, Inflammation Score:-7, Nutrition Score:22.658260905224%

Nutrients (% of daily need)

Calories: 491.02kcal (24.55%), Fat: 14.68g (22.58%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 62.17g (20.72%), Net Carbohydrates: 53.28g (19.37%), Sugar: 15g (16.67%), Cholesterol: 48.3mg (16.1%), Sodium: 1907.96mg (82.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.13g (54.25%), Phosphorus: 616.56mg (61.66%), Vitamin B6: 0.77mg (38.38%), Fiber: 8.89g (35.57%), Vitamin B3: 6.87mg (34.36%), Vitamin B2: 0.55mg (32.63%), Potassium: 1133.1mg (32.37%), Zinc: 4.84mg (32.28%), Iron: 5.2mg (28.87%), Magnesium: 115.34mg (28.83%), Selenium: 19.98µg (28.55%), Copper: 0.56mg (27.86%), Folate: 99.15µg (24.79%), Vitamin B1: 0.34mg (22.52%), Calcium: 214.78mg (21.48%), Manganese: 0.29mg (14.56%), Vitamin B5: 1.16mg (11.57%), Vitamin E: 1.49mg (9.94%), Vitamin C: 8.02mg (9.73%), Vitamin A: 482.83IU (9.66%), Vitamin B12: 0.51µg (8.55%), Vitamin K: 4.84µg (4.61%), Vitamin D: 0.35µg (2.37%)